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Winter 2025
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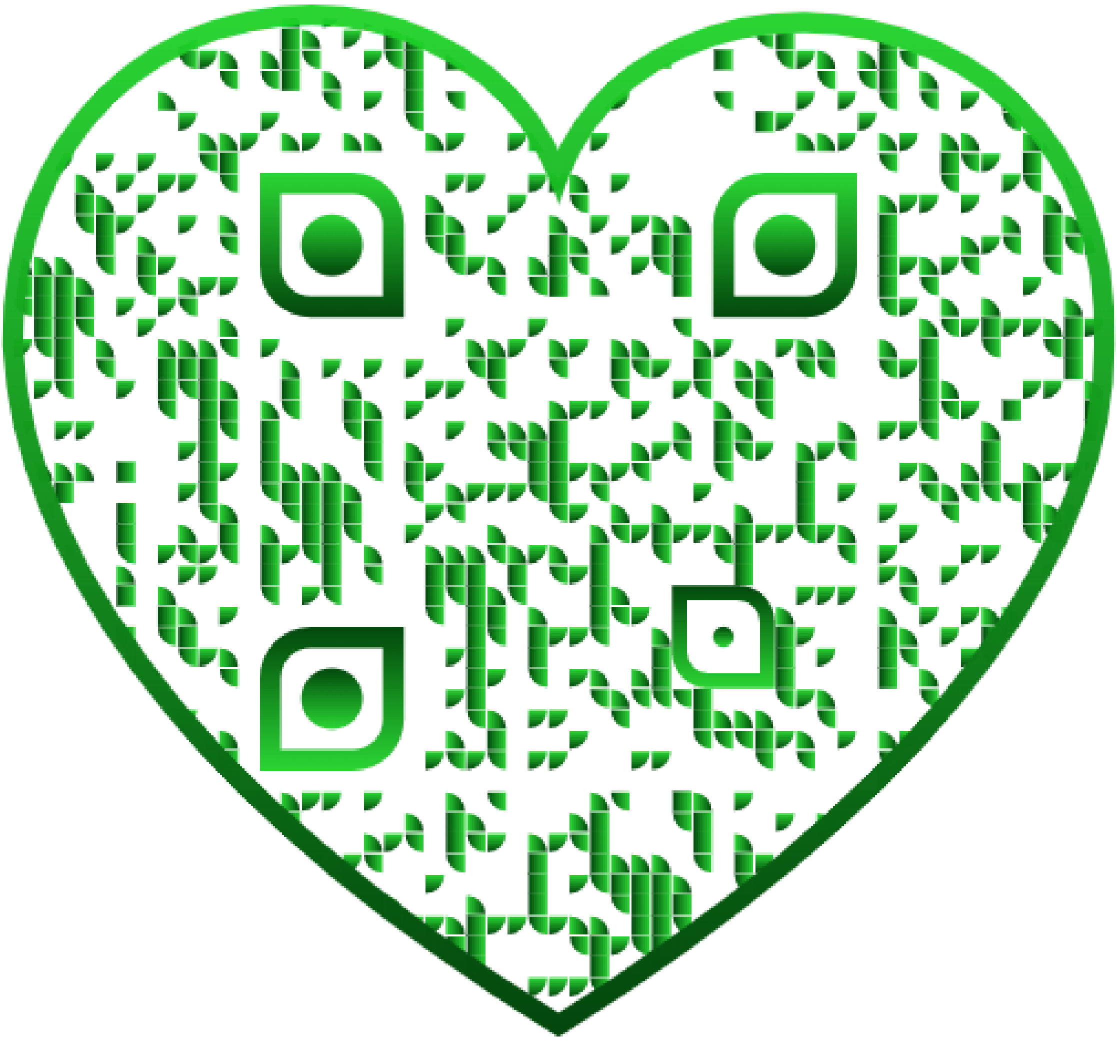

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100 BEST RECIPES

2025

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**HOLLY DREESMAN**

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# allrecipes

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# WHAT'S COOKING

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**FLUFFY FRENCH TOAST**

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## MOST POPULAR

If the recipes in this issue earned a superlative, it would be "most popular." Or maybe it would be "best-ever." Or, not to be dramatic but, "How did I ever live without this recipe?" would also fit.

When producing this issue, we scoured Allrecipes.com for top-rated recipes, most-popular search terms, and trending content with off-the-charts views and clicks. Then we pored over user reviews and Test Kitchen notes to select the best-of-the-best recipes and compiled them here.

Find the No. 1 most-sought-after recipe, Good Old-Fashioned Pancakes, on page 24. Or turn to page 37 for the World's Best Lasagna, which has more than 18,000 five-star ratings.

Sip on trending tropical cocktails (page 74) or embrace throwback recipes with a fondue party (page 7).

On page 42, find ideas that answer the question, "What's for dinner?" for guaranteed mealtime success.

If you have feedback for me about this issue, please reach out to spoon@people.inc.

**– CAITLYN DIIMIG, RD**
**SENIOR FOOD EDITOR**

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# The One-Skillet

# WEEKNIGHT SENSATION

This easy, irresistibly cheesy pasta with Borden® Mozzarella cheese is perfect for busy weeknights.

## Skillet Baked Ziti with Italian Sausage and Mozzarella

**SERVINGS:** 6
**TOTAL TIME:** 40 MINUTES

**2 tablespoons olive oil**
**1 pound sweet or hot Italian sausage, casings removed**
**1 medium yellow onion, finely chopped**
**4 medium garlic cloves, finely chopped**
**2 teaspoons kosher salt**
**¾ teaspoon ground black pepper, plus more for garnish**
**¼ teaspoon crushed red pepper (optional)**
**1 (28-ounce) can crushed tomatoes**
**1 pound uncooked ziti pasta**
**¾ cup heavy cream**
**3 cups Borden Low-Moisture Part-Skim Mozzarella Shreds, divided**
**Basil leaves, for garnish**

1. Heat oil in a 12-inch oven-safe skillet over medium-high. Add sausage, and cook, breaking apart with a wooden spoon to crumble, until browned and cooked through, about 6 minutes. Drain excess fat if needed. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Stir in garlic, salt, pepper, and crushed red pepper; cook until fragrant, about 1 minute. Stir in crushed tomatoes, 3½ cups tap water, and pasta and bring to a simmer; reduce heat to medium-low. Cover and cook, stirring occasionally, until pasta is al dente and most liquid is absorbed, 15 to 18 minutes.
2. Meanwhile, preheat oven to Broil.
3. Remove skillet from heat. Stir in heavy cream and 1 ½ cups of the mozzarella until combined. Top with remaining 1½ cups mozzarella. Place in oven and broil until cheese has melted and started to brown, 3 to 5 minutes. Garnish with basil and more black pepper.

DISCOVER OTHER SIMPLE, DELICIOUS WEEKNIGHT DINNERS SURE TO PLEASE THE WHOLE FAMILY.
Borden

GET-TOGETHERS, NOVELTIES, AND THE LATEST FUN WITH FOOD

↓

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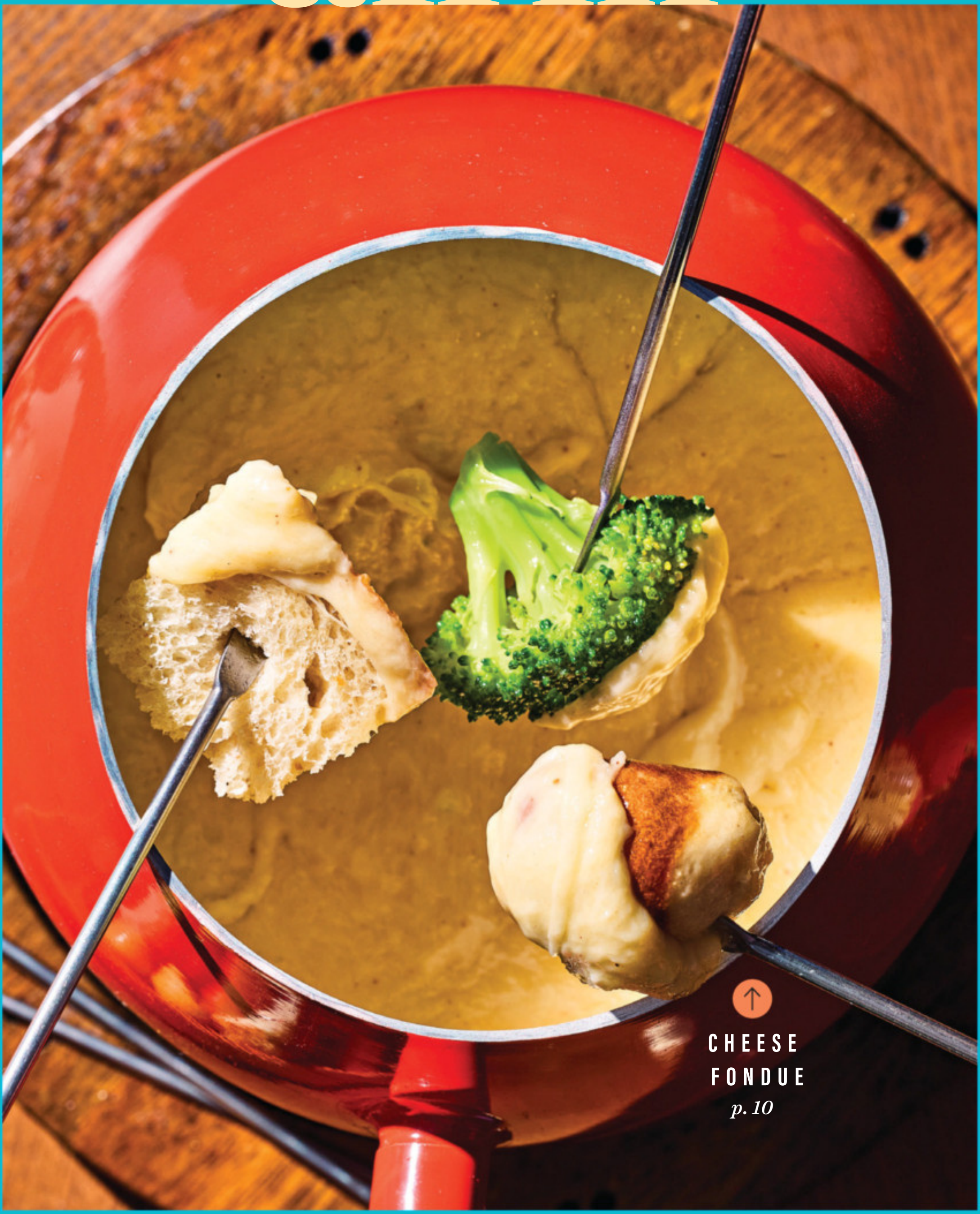

CHEESE FONDUE *p. 10*

**FONDUE IT UP** *p. 8* **JUST CURIOUS** *p. 14*
**ALLRECIPES HOTLINE** *p. 16*

PHOTO: JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

# FONDUE

CHEESE FONDUE
*p. 10*

CRAB-STUFFED MUSHROOMS
*p. 11*

PHOTOS: JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

# IT UP

MELTY CHEESE FONDUE IS THE ULTIMATE PARTY TRICK AND NEVER GOES OUT OF STYLE. ADD TO THE ’60S VIBES WITH RETRO APPETIZERS AND CLASSIC COCKTAILS THAT KEEP THE GROOVE GOING.

↑ SIDECAR *p. 12*

COCKTAIL MEATBALLS *p. 11* ←

# DOS AND DON'TS

- Do shred cheese from blocks of cheese. Pre-shredded cheese has coatings that keep it from clumping, and they'll also keep it from melting as smoothly in the fondue.
- Do add the cheese gradually, one handful at a time, stirring until melted and incorporated. Adding cheese too hastily leads to stringy, gritty, or curdled results.
- Don't double-dip or put the fondue fork in your mouth. Use the fondue fork to dip your dippers into the melted cheese, then transfer to a plate to enjoy.

# DIPPERS

Apple and/or pear slices • Blanched bite-size pieces of broccoli, carrots, potatoes, and/or other vegetables • Bread cubes and/or pretzel bites • Cherry tomatoes • Cooked meatballs and/or smoked sausage • Dried apricots • Grapes • Gherkin pickles

## CHEESE FONDUE

*(pictured on p. 7)*

**HANDS-ON** 5 MIN
**TOTAL** 15 MIN
**SERVES** 8
**SUBMITTED BY** SHEILA

★★★★½
446 REVIEWS

*If the fondue is too thick, stir in 1½ to 2 tsp. lemon juice. If it's too thin, add extra cheese or ¼ tsp. cornstarch.*

- **1 cup dry white wine**
- **2 cups coarsely shredded Swiss cheese (8 oz.)**
- **2 cups coarsely shredded Gruyère cheese (8 oz.)**
- **2 Tbsp. flour**
- **¼ tsp. salt**
- **¼ tsp. nutmeg**

**1.** Bring wine to a simmer in a 1- to 2-qt. fondue pot or a heavy saucepan on stovetop over medium-high heat.

**2.** Toss cheeses with flour in a large bowl. Working in batches, add cheese mixture to wine; simmer, stirring frequently, until melted, 1 to 3 minutes. (Cheese should be completely combined before adding next batch.) Stir in salt and nutmeg. Serve immediately. To serve, set fondue pot over low flame using gel fuel or candle or, if using a heavy saucepan, transfer to a trivet on table.

**QUICK**

PER ⅓ CUP FONDUE: 512 CAL; 34G FAT (21G SAT); 33G PRO; 8G CARB (0G FIBER, 0G SUGARS); 590MG SODIUM

CRAB-STUFFED MUSHROOMS

COCKTAIL MEATBALLS

> “I used premade meatballs, which made the recipe extremely easy and fast.”
> – LLO GBEC K

## COCKTAIL MEATBALLS

**HANDS-ON** 20 MIN
**TOTAL** 1 HR, 10 MIN
**SERVES** 10
**SUBMITTED BY** LARA

★★★★⯪
1,412 REVIEWS

**1 lb. lean ground beef**
**1 egg**
**2 Tbsp. water**
**½ cup dried bread crumbs**
**3 Tbsp. finely chopped onion**
**1 (8-oz.) can jellied cranberry sauce**
**¾ cup chili sauce (such as Heinz)**
**1 Tbsp. brown sugar**
**1½ tsp. lemon juice**

**1.** Preheat oven to 350°F. Stir together beef, egg, the water, bread crumbs, and onion in a large bowl until well combined. Roll into 40 (1-inch) meatballs. Arrange on an 11x17-inch rimmed baking sheet.
**2.** Bake, turning halfway through, 20 to 25 minutes, or until an instant-read thermometer inserted into centers of meatballs registers 160°F.
**3.** Stir together cranberry sauce, chili sauce, brown sugar, and lemon juice in a large skillet. Add meatballs and simmer over low heat until flavors meld and sauce is heated through, about 30 minutes.

PER 4 MEATBALLS: 193 CAL; 10G FAT (4G SAT); 10G PRO; 15G CARB (1G FIBER, 10G SUGARS); 85MG SODIUM

## CRAB-STUFFED MUSHROOMS

**HANDS-ON** 20 MIN
**TOTAL** 35 MIN
**SERVES** 14
**SUBMITTED BY** WILMA SCOTT

★★★★⯪
251 REVIEWS

*Serve these mushrooms on a bed of curly kale for a retro feel.*

**1 lb. button mushrooms (2-inch; about 14)**
**1 (6- to 8-oz.) can refrigerated lump crabmeat, drained and picked over**
**5 green onions, thinly sliced (⅔ cup)**
**⅓ cup mayonnaise**
**¼ cup grated Parmesan cheese (1 oz.), plus 3 Tbsp.**
**½ tsp. dried thyme**
**¼ tsp. dried oregano**
**¼ tsp. dried savory**
**⅛ tsp. black pepper**
**½ tsp. paprika, plus more for garnish**
**Fresh thyme leaves, for garnish**

**1.** Preheat oven to 350°F. Wipe mushrooms clean with a damp paper towel. Remove stems. Spoon out gills and bases of stems, making deep cups. Discard gills and stems.
**2.** Stir together crabmeat, green onions, mayonnaise, ¼ cup Parmesan, and the dried thyme, oregano, savory, and pepper in a medium bowl. (To make ahead, cover and chill crabmeat mixture up to 3 days.)
**3.** Fill mushroom caps heaping full with filling and place them in an ungreased 9x13-inch baking dish. Sprinkle tops with paprika and remaining 3 Tbsp. Parmesan.
**4.** Bake mushrooms until heated through, 15 to 20 minutes. Garnish with fresh thyme and additional paprika.

***GLUTEN-FREE***

PER 1 STUFFED MUSHROOM: 70 CAL; 5G FAT (1G SAT); 4G PRO; 2G CARB (0G FIBER, 1 SUGARS); 127MG SODIUM

# MINI BAKED ALASKAS

**HANDS-ON** 15 MIN
**TOTAL** 2 HR, 15 MIN
**SERVES** 6 **SUBMITTED BY** EMILY NIENHAUS
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

*Baked Alaska is a cake topped with ice cream and caramelized meringue. The meringue insulates the ice cream so it doesn't melt while being torched or baked.*

**6 (1- to 1½-inch-thick) brownie rounds, cut (from one 9x13-inch pan) to fit jars**
**3 cups desired-flavor ice cream, or more as needed**
**½ cup pasteurized liquid egg whites**
**½ cup sugar**
**⅛ tsp. cream of tartar**
**Pinch of salt**

**1.** Place 1 brownie round in the bottom of each of 6 (6- to 8-oz.) heatproof glass jars, ramekins, or custard cups. Top each brownie with ½ cup ice cream; spread ice cream using an offset spatula to be flush with top of jar. Freeze, covered, at least 2 hours (or up to 1 week).
**2.** For meringue, beat egg whites, sugar, cream of tartar, and salt in a medium mixing bowl with an electric mixer at medium speed until stiff peaks form.
**3.** Uncover jars; mound meringue on top of ice cream, creating swirls and peaks, as desired.
**4.** Arrange jars inside a foil-lined pan set on a wire rack (this protects your work surface from the heat). Brown top of meringue with a kitchen torch, about 2 minutes. Serve immediately. (If you don't have a kitchen torch, see "To Bake," far right.)

***HIDDEN GEM***

PER 1 JAR: 498 CAL; 19G FAT (10G SAT); 9G PRO; 75G CARB (1G FIBER, 53G SUGARS); 309MG SODIUM

# MANHATTAN

**HANDS-ON** 5 MIN **TOTAL** 5 MIN
**SERVES** 1 **SUBMITTED BY** ALLRECIPES MEMBER

★★★★⯪
20 REVIEWS

*Shake up individual drinks or make a big batch ahead of time (tip, opposite).*

**Ice**
**2 oz. rye whiskey**
**½ oz. sweet vermouth**
**Dash of Angostura bitters**
**Maraschino cherry and/or orange peel or slice, for garnish**

Fill a cocktail shaker half-full with ice. Add rye, vermouth, and bitters. Cover and shake until outside of shaker is frosted, about 60 seconds. Strain into a chilled glass and garnish with a cherry and/or an orange peel or slice.

PER 3 OZ.: 156 CAL; 0G FAT; 0G PRO; 3G CARB (0G FIBER, 1G SUGARS); 6MG SODIUM

# SIDECAR

**HANDS-ON** 5 MIN **TOTAL** 5 MIN
**SERVES** 1
**SUBMITTED BY** SQUAK93

★★★★★
20 REVIEWS

*Serve up this sweet (and strong!) drink as individual cocktails or prep ahead in a pitcher (tip, opposite) and serve over ice in small sugar-rimmed glasses.*

**Ice**
**1 oz. brandy or cognac**
**½ oz. lemon juice, plus lemon wedge for garnish**
**½ oz. Cointreau or triple sec**

Fill a cocktail shaker half-full with ice. Add brandy, lemon juice, and Cointreau. Cover and shake until outside of shaker is frosted, about 30 seconds. Strain into a chilled glass and garnish with lemon wedge.

PER ABOUT 3 OZ.: 70 CAL; 5G FAT (1G SAT); 4G PRO; 2G CARB (0G FIBER, 1G SUGARS); 127MG SODIUM

**CUSTOMIZE IT**
**We used mint chocolate chip ice cream and brownies, but you can use pound or butter cake rounds and your favorite flavor ice cream.**

## TO BAKE ↑

**Do not use glass jars. Use ovenproof ramekins or custard cups. Prepare through Step 3. Freeze ramekins with meringue for 2 hours. Arrange oven rack to lowest position. Preheat oven to 425°F. Bake ramekins on lowest rack until meringue is light brown, about 5 minutes. Serve immediately.**

# BIG BATCHES

### MANHATTAN

Stir together 1 (750-ml) bottle **rye whiskey,** ¾ cup **sweet vermouth,** and 12 dashes **angostura bitters** (about 1 tsp.) in a pitcher. Chill, covered, 2 hours (or up to overnight). Just before serving, stir together with 6 cups **ice** for about 1 minute; strain into glasses and garnish with cherries and/ or orange peels or slices. Makes 4 cups.

### SIDECAR

Stir together 1 (750-ml) bottle **brandy,** 1½ cups **fresh lemon juice,** and 1½ cups **Cointreau** in a pitcher. Chill, covered, until ready to serve (or up to overnight). Serve in ice-filled glasses and garnish with lemon wedges. Makes 6 cups.

SIDECAR
MANHATTAN

MINI BAKED ALASKAS

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# JUST CURIOUS

**Foodie facts, can't-miss dates, and travel tips.**

BY CARMELLA D'ACQUISTO

## DECEMBER 8

**National Brownie Day is December 8. Join the celebration by baking our best-ever brownie recipe, with more than 10,000 five-star ratings (page 39).**

MORE THAN 15 MILLION VIEWS!

## MOST POPULAR

**What are Allrecipes.com users searching for? Here are the most-viewed recipes in the past year:**

**1**
Good Old-Fashioned Pancakes *page 24*

**2**
Banana Banana Bread *page 34*

**3**
Quick-and-Almost-Professional Buttercream Frosting *variation, page 66*

**4**
Taco Seasoning *page 45*

**5**
World's Best Lasagna *page 37*

## IN SEASON

**Prime harvest season for many citrus fruit runs from November to March. California leads the U.S. in lemon production, growing about 51 percent of the country's total crop. The Golden State is also the leading producer of oranges, tangerines, and mandarins.**

## SAFE PETS

If you're driving with your dog, take this extra step to keep them safe and secure while in your car. Dog seat belts and car harnesses offer your furry friend the flexibility to move, lie down, or look out the window while keeping them secure by buckling through a car's seat belt. Options like dog hammocks and seats may help keep your car fur-free, but they don't do much in the way of protecting your pup during a collision. Pack a blanket, dog bed, or toy—and buckle up for a comfortable but safe excursion.

PHOTO (PANCAKES): GETTY/STEPHANIE PHILLIPS

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EVER SEEN

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2
ENTRÉES
MOUSSE
PATÉ WITH
CHICKEN
AND A
HALO OF
SAVORY
GRAVY
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# allrecipes HOTLINE

**Experts and Allrecipes Allstars—our most engaged community cooks—answer frequently asked questions and provide some sage advice.**

BY CARMELLA D'ACQUISTO

## I ALWAYS STAIN MY KITCHEN TOWELS WHEN MAKING MARINARA SAUCE. HOW DO I GET THE STAINS OUT?

Address the stain right away. "Immediately place the towel under cold running water to remove as much of the mess as possible," says Allrecipes Allstar Kelsey Riley. She blots white vinegar onto the stain, lets it soak about 15 minutes, then rinses under lukewarm running water. Finally, she runs it through the washing machine using hot water and detergent (or follows garment care instructions). "If the stain is still there, do not place the towel in the dryer," she says. Instead repeat the steps, starting with soaking in vinegar.

## Are fresh crab, refrigerated lump crabmeat, canned crabmeat, and imitation crab interchangeable in recipes?

The type of recipe you make will dictate what type of crab you should be using—and if you can make any swaps without compromising the finished product, according to senior recipe tester and developer Julia Levy. For recipes where the crabmeat will be shredded and blended with a creamy sauce—think crab rangoon or baked crab dip—the crab products are interchangeable. "Imitation and canned crab are even, dare I say, recommended for such," Levy says. However, in recipes where the crab is the star of the show, as in crab cakes, it's important to use fresh or refrigerated crab to achieve the best possible flavor and texture. And when it comes to dipping crab in drawn butter? "Fresh and fresh only," she says.

## How can I help my dog stay calm when visitors arrive?

"Find a bed, mat, or rug that can be your dog's 'safe spot,'" says New York-based veterinarian Katherine A. Houpt, VMD, PhD. "Use a consistent cue word like 'spot' or 'place' when luring them to their safe spot, and when they have all four paws on the mat, instruct them to lie down, then reward them with a treat." Avoid rewarding until they complete the entire process. "Practice by moving farther away from the mat and closer to the door," Houpt says. Practice knocking, too, and only rewarding if they remain seated. "When guests come over, use this cue word. If the dog successfully stays put, visitors can toss treats if they want," she says.

## HAVE A QUESTION YOU'D LIKE OUR EXPERTS AND ALLSTARS TO ANSWER?

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*We kindly ask you to include "Allrecipes Magazine: Hotline" in the subject line.*

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STRAWBERRY JAM
*p. 24*

“*We used a croissant bread loaf.*”

– MEGAN PRATT

FLUFFY FRENCH TOAST
*p. 24*

PHOTO: JASON DONNELLY; FOOD STYLING: SHANNON GOFORTH; PROP STYLING: DERA BURRESON

BLUE-RIBBON BREAKFAST *p. 20* SLOW IT DOWN *p. 26*
KEEPERS *p. 34* DINNER FIX *p. 42* COOK WITH ME: PIE DOUGH *p. 49*
MIX IT UP *p. 52* START WITH *p. 56* FLAVOR ON THE FLY *p. 60*

**GOOD OLD-FASHIONED PANCAKES**
*p. 24*

PHOTOS: JASON DONNELLY; FOOD STYLING: SHANNON GOFORTH; PROP STYLING: DERA BURRESON

# Blue-Ribbon BREAKFAST

You'll flip for our best brunch and breakfast classics—French toast, waffles, pancakes, and crepes with hundreds (if not thousands!) of five-star reviews. Then top 'em off with sweet simple toppings.

> "This is always our go-to for pancakes! My boys love adding blueberries to the mix."
>
> – ALEXIS

**CLASSIC WAFFLES**
*p. 25*
↓

**PEACH SAUCE**
*p. 25*
→

> *"This recipe is good all by itself, but I put my own twist on it and added cinnamon and used buttermilk instead of milk. These are moist and fluffy."*
>
> – **LESLIE BROWN**

## Homemade CHOCOLATE SYRUP

Combine ¾ cup **water,** ¾ cup **sugar,** ⅓ cup **unsweetened cocoa powder,** and a dash of **salt** in a medium saucepan; cook over medium heat, whisking often, until mixture thickens and just begins to boil, about 6 minutes. Remove from heat and stir in ½ tsp. **vanilla extract.** Serve warm or chilled. Makes 1¼ cups. (To store, chill in an airtight container up to 2 weeks.)

HOMEMADE CHOCOLATE SYRUP
BASIC CREPES WITH STRAWBERRY CHEESECAKE FILLING

## Basic Crepes

**HANDS-ON** 10 MIN **TOTAL** 30 MIN
**SERVES** 8 **SUBMITTED BY** JENNYC819

★★★★★ 276 REVIEWS

*Fill crepes with your choice of filling. Go sweet with strawberry cheesecake or savory with chicken and garlic.*

**1 cup flour**
**2 eggs**
**½ cup whole milk**
**½ cup water**
**2 Tbsp. butter, melted**
**¼ tsp. salt**
**Strawberry Cheesecake Crepe Filling or Chicken and Garlic Crepe Filling (recipes, right)**

**1.** Whisk together flour and eggs in a large bowl. Gradually stir in milk and the water. Beat in butter and salt until smooth.
**2.** Heat a lightly oiled large skillet over medium-high heat. Pour about ¼ cup batter into hot skillet, immediately tilting and swirling pan to spread batter evenly to form a very thin 7- to 8-inch-diameter crepe.
**3.** Cook crepe until bottom is lightly browned, about 2 minutes. Loosen with a spatula, flip, and cook until other side is lightly browned, about 1 minute more. Keep warm on a baking sheet in a 200°F oven. Repeat with remaining batter. Adjust temperature and timing as needed if crepes start to overbrown. Serve warm with desired filling.

***QUICK***

PER 1 UNFILLED CREPE: 110 CAL; 5G FAT (3G SAT); 4G PRO; 13G CARB (0G FIBER, 1G SUGARS); 121MG SODIUM

## Strawberry CHEESECAKE CREPE FILLING

Beat 1¼ cups **powdered sugar,** 1 (8-oz.) pkg. **cream cheese,** 1 tsp. **lemon zest,** 1 Tbsp. **lemon juice,** and ½ tsp. **vanilla extract** in a large bowl with an electric mixer at medium speed until smooth. Gently fold in 1 cup **whipped cream.** Fill each crepe with about ⅓ cup cream cheese filling and ¼ cup sliced **strawberries.** Top filled crepes with **Homemade Chocolate Syrup** (above).

PER 1 FILLED CREPE: 347 CAL; 20G FAT (12G SAT); 6G PRO; 37G CARB (1G FIBER, 23G SUGARS); 214MG SODIUM

## Chicken and Garlic Crepe Filling

Melt 3 Tbsp. **butter** in a skillet over medium-high heat. Stir in 2½ cups shredded cooked **chicken,** 4 tsp. minced **fresh garlic,** and 2 tsp. chopped **fresh thyme.** Cook, stirring occasionally, until heated through, about 5 minutes. Stir in ⅔ cup **herb-and-garlic-flavor cream cheese** until melted and smooth. Keep filling warm in skillet until ready to fill and serve crepes. Garnish filled crepes with additional fresh thyme.

PER 1 FILLED CREPE: 304 CAL; 20G FAT (11G SAT); 16G PRO; 13G CARB (0G FIBER, 1G SUGARS); 419MG SODIUM

## Strawberry JAM

*(pictured on p. 19)*

Working in batches if needed, mash 1 lb. hulled **fresh strawberries** in a large shallow dish until you have 2 cups mashed berries. Combine mashed strawberries, 2 cups **sugar,** and 2 Tbsp. **lemon juice** in a heavy-bottomed 3- to 4-qt. saucepan; cook and stir over low heat until sugar is dissolved. Bring to a boil over medium-high heat; boil, stirring often, about 10 minutes or until the mixture thickens and reaches 220°F when tested with an instant-read thermometer. Let cool slightly to serve, about 30 minutes. Makes 2½ cups. (To store, chill in an airtight container up to 1 month. Jam will firm up after chilling.)

## Fluffy French Toast

*(pictured on p. 19)*

**HANDS-ON** 10 MIN **TOTAL** 20 MIN
**SERVES** 4 **SUBMITTED BY** BONNIE

★★★★⯪ 3,144 REVIEWS

*The flour in the batter prevents this a.m. classic from turning soggy.*

- **¼ cup flour**
- **1 cup whole milk**
- **3 eggs**
- **1 Tbsp. sugar**
- **1 tsp. vanilla extract**
- **½ tsp. cinnamon**
- **Pinch of salt**
- **8 slices bread (¾- to 1-inch-thick), such as Texas toast, brioche, or cinnamon-swirl**
- **Desired toppings, such as Strawberry Jam (recipe, left), butter, and/or pure maple syrup**

**1.** Place flour in a large bowl. Slowly whisk in milk. Whisk in eggs, sugar, vanilla, cinnamon, and salt until smooth. Working in batches, dip bread slices in milk mixture until saturated on both sides.

**2.** Lightly grease a griddle and heat over medium heat.

**3.** Working in batches, cook soaked bread, turning halfway through, until golden brown on both sides, 4 to 5 minutes. Keep cooked slices warm in a 250°F oven until ready to serve. Serve with desired toppings.

⏱ ***QUICK***

PER 2 UNTOPPED SLICES: 530 CAL; 16G FAT (8G SAT); 14G PRO; 82G CARB (2G FIBER, 38G SUGARS); 567MG SODIUM

## Good Old-Fashioned Pancakes

*(pictured on p. 20)*

**HANDS-ON** 20 MIN **TOTAL** 20 MIN
**SERVES** 10 **SUBMITTED BY** DAKOTA KELLY

★★★★⯪ 16,262 REVIEWS

*We found nonstick cooking spray resulted in the prettiest browning, but you can butter or lightly oil the griddle or skillet, too.*

- **1½ cups flour**
- **3½ tsp. baking powder**
- **1 Tbsp. sugar**
- **¼ tsp. salt**
- **1¼ cups whole milk**
- **3 Tbsp. butter, melted**
- **1 egg, lightly beaten**
- **Desired toppings, such as butter, pure maple syrup, and fresh berries**

**1.** Whisk together flour, baking powder, sugar, and salt in a large bowl. Make a well in center and add milk, butter, and egg; stir just until smooth.

**2.** Coat a griddle or large skillet with cooking spray. Heat over medium-high heat. Using ¼ cup per pancake, pour batter onto griddle; cook until bubbles form on surface and edges are dry, 2 to 3 minutes. Turn and cook until browned on other side, about 2 minutes. Repeat with remaining batter. Serve with desired toppings.

⏱ ***QUICK***

PER 2 (4-INCH) PANCAKES: 130 CAL; 5G FAT (3G SAT); 4G PRO; 18G CARB (1G FIBER, 3G SUGARS); 277MG SODIUM

### TO MAKE AHEAD

Layer cooled cooked pancakes between parchment paper in an airtight container. Chill up to 3 days or freeze up to 2 months.

## Classic Waffles

*(pictured on p. 22)*

**HANDS-ON** 10 MIN **TOTAL** 25 MIN
**SERVES** 10 **SUBMITTED BY** MEGAN

★★★★⯪ 3,101 REVIEWS

- **2 cups flour**
- **2 Tbsp. sugar**
- **4 tsp. baking powder**
- **1 tsp. salt**
- **2 eggs**
- **1½ cups whole milk, warmed**
- **⅓ cup unsalted butter, melted**
- **1 tsp. vanilla extract**
- **Desired toppings, such as Peach Sauce (right), fresh peach slices, and/or butter**

**1.** Preheat a waffle maker according to manufacturer's instructions.
**2.** Stir together flour, sugar, baking powder, and salt in a large bowl. In a medium bowl, beat eggs; whisk in milk, butter, and vanilla. Pour milk mixture into flour mixture; whisk until blended.
**3.** Lightly grease waffle maker and add batter according to manufacturer's instructions. Cook until waffles are golden and crisp, 3 to 4 minutes. (To store, freeze waffles in an even layer, then transfer to an airtight container; freeze up to 2 months. Reheat waffles in a toaster or toaster oven.) Serve with desired toppings.

***QUICK***

PER 1 (4-INCH) SQUARE WAFFLE: 192 CAL; 8G FAT (5G SAT); 5G PRO; 23G CARB (1G FIBER, 4G SUGARS); 456MG SODIUM

## Peach Sauce

*(pictured on p. 22)*

**HANDS-ON** 15 MIN **TOTAL** 35 MIN
**MAKES** 3⅓ CUPS **SUBMITTED BY** GOLOLLY

★★★★⯪ 25 REVIEWS

- **1 peach-flavor tea bag (such as Celestial Seasonings)**
- **½ cup boiling water**
- **2 Tbsp. cornstarch**
- **4 cups diced peeled peaches (4 medium)**
- **½ cup white sugar**
- **½ cup packed brown sugar**
- **¼ tsp. nutmeg**
- **2 tsp. vanilla extract**

**1.** Steep tea bag, covered, in the boiling water in a medium saucepan according to package directions. Discard tea bag.
**2.** Transfer ¼ cup of the tea to a small bowl; whisk in cornstarch until dissolved. Whisk cornstarch mixture into tea in saucepan.
**3.** Add peaches; cook over medium heat, stirring constantly, until just boiling, 2 to 3 minutes. Stir in white sugar, brown sugar, and nutmeg; simmer over medium-low heat until sauce is thickened, about 10 minutes. Remove from heat and stir in vanilla. Let stand 5 to 10 minutes to thicken. (To store, chill in an airtight container up to 3 days.)

***GLUTEN-FREE*** ***VEGAN***

PER 2 TBSP.: 44 CAL; 0G FAT; 0G PRO; 11G CARB (0G FIBER, 10G SUGARS); 1MG SODIUM

> "I used frozen sliced peaches. The tea gave it that extra peach punch. A very tasty sauce that I used to top waffles."
>
> – TRISH-THE-DISH

*Busy days don't have to mean dinner is a bust.*

# SLOW *it* DOWN

*Let your slow cooker be your smart solution for recipes that require little lift from you.*

slow cooker pulled pork p. 29

slow
cooker
pepper
steak
p. 29

> “AN EASY, VERSATILE RECIPE THAT CAN BE CUSTOMIZED TO EACH FAMILY’S PERSONAL TASTES. I OFTEN ADD PINEAPPLE, BAMBOO SHOOTS, MUSHROOMS, CARROTS, AND WHATEVER I HAVE IN THE FRIDGE THAT MIGHT COMPLEMENT IT.”
>
> **– CRYSTAL S**

PHOTOS: JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

# SLOW COOKER LOADED POTATO SOUP

**HANDS-ON** 20 MIN
**TOTAL** 5 HR, 20 MIN
**SERVES** 12 **SUBMITTED BY** MALLORY

★★★★½ 35 REVIEWS

**4 lb. russet potatoes, peeled and chopped (12 cups)**
**1 (32-oz.) carton low-sodium chicken stock**
**1 medium onion, chopped (1 cup)**
**1½ tsp. salt**
**1½ tsp. black pepper, plus more for garnish**
**8 oz. thick-cut bacon, cut into ½-inch pieces**
**½ cup shredded cheddar cheese (2 oz.), plus more for garnish**
**¼ cup unsalted butter**
**¼ cup flour**
**2 cups whipping cream or whole milk**
**¼ cup sour cream, plus more for garnish**
**2 tsp. garlic powder**
**Chopped green onions, for garnish**

**1.** Combine potatoes, chicken stock, onion, salt, and pepper in a 6-qt. slow cooker. Cover and cook on High 4 hours or on Low about 8 hours, until potatoes are tender.

**2.** Meanwhile, cook bacon in a large skillet over medium-high heat, turning occasionally, until browned, about 10 minutes. Drain bacon on a paper towel-lined plate. Wipe out skillet. (If you like, reserve some bacon for serving.)

**3.** Puree potatoes in slow cooker with an immersion blender until smooth (or use a potato masher). Stir in cheese and bacon. Cover and cook on High 30 minutes to 1 hour or on Low 1 to 2 hours, or until cheese is melted and mixture is thick.

**4.** Meanwhile, melt butter in skillet over medium-low heat. Gradually whisk in flour; cook, whisking constantly, until golden, 1 to 2 minutes. Add whipping cream, sour cream, and garlic powder; whisk until thickened. Whisk into slow cooker; cover and cook on High 30 minutes or on Low 1 hour. Garnish servings with green onions, any reserved bacon, and additional pepper, cheese, and/or sour cream.

PER 1 CUP: 484 CAL; 34G FAT (17G SAT); 9G PRO; 37G CARB (3G FIBER, 5G SUGARS); 775MG SODIUM

slow cooker loaded potato soup

PHOTOS: JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

slow cooker baby back ribs

## SLOW COOKER PULLED PORK

*(pictured on p. 26)*

**HANDS-ON** 10 MIN **TOTAL** 3 HR, 10 MIN
**SERVES** 8 **SUBMITTED BY** LIVIE'S MOMMY

★★★★½ 3,696 REVIEWS

*If you like, serve these saucy sammies with pickles and/or creamy slaw.*

- **2 lb. pork tenderloin**
- **1 (12-oz.) can or bottle root beer**
- **1 (18-oz.) bottle barbecue sauce, warmed**
- **8 hamburger buns, split and toasted**
- **Coleslaw, pickle slices, and/or pickled red onion, for serving**

**1.** Put pork in a 3½- to 4-qt. slow cooker. Pour root beer over pork. Cover and cook on High 3 to 3½ hours or on Low 6 to 7 hours, or until pork is cooked through and shreds easily.

**2.** Transfer pork to a cutting board and shred with 2 forks. Transfer pork to a bowl and toss with barbecue sauce. Fill each bun with about ½ cup pork. Serve with coleslaw, pickles, and/or pickled onion.

PER 1 SANDWICH: 364 CAL; 4G FAT (1G SAT); 27G PRO; 52G CARB (1G FIBER, 29G SUGARS); 930MG SODIUM

> "I MADE MY OWN DRY RUB AND USED SWEET BABY RAY'S BARBECUE SAUCE. I WILL MAKE THIS AGAIN AND AGAIN."
>
> – SANDYINHAWAII

## SLOW COOKER BABY BACK RIBS

**HANDS-ON** 15 MIN **TOTAL** 4 HR, 25 MIN
**SERVES** 7 **SUBMITTED BY** NORAH

★★★★★ 1,020 REVIEWS

*Slow-cooked, then finished in the oven, these ribs are fall-off-the-bone tender with a just-right crispy exterior.*

- **3 lb. pork baby back ribs, trimmed and cut into 2-rib portions**
- **1 tsp. salt**
- **1 tsp. black pepper**
- **½ cup water**
- **½ onion, sliced**
- **1 medium clove garlic, minced (1 tsp.)**
- **1 (18-oz.) bottle barbecue sauce**

**1.** Season ribs with salt and pepper. Pour the water into a 6-qt. slow cooker; add ribs. Top with onion and garlic. Cover and cook on High 4 hours or on Low 8 hours.

**2.** When ribs are almost finished, preheat oven to 375°F. Transfer ribs from slow cooker to a large foil-lined rimmed baking sheet; discard onion and garlic. Brush ribs with half of barbecue sauce.

**3.** Bake ribs until sauce is caramelized, 10 to 15 minutes. Serve ribs with remaining barbecue sauce, warmed, if desired.

PER 2 RIBS: 401 CAL; 20G FAT (7G SAT); 24G PRO; 30G CARB (1G FIBER, 24G SUGARS); 1,188MG SODIUM

## SLOW COOKER PEPPER STEAK

*(pictured on p. 27)*

**HANDS-ON** 30 MIN **TOTAL** 4 HR
**SERVES** 6 **SUBMITTED BY** MJWAGNER68

★★★★½ 2,479 REVIEWS

*For crisp-tender bell peppers, wait to add them to the slow cooker, adding them at the same time as the cornstarch mixture.*

- **2 lb. boneless beef sirloin or chuck, cut into 2-inch strips**
- **¼ tsp. garlic powder**
- **3 Tbsp. vegetable oil**
- **1 beef bouillon cube**
- **¼ cup hot water**
- **2 large bell peppers (any color), cut into 1-inch pieces (about 2 cups)**
- **1 (14.5-oz.) can stewed tomatoes, undrained**
- **½ cup chopped onion**
- **3 Tbsp. less-sodium soy sauce**
- **1 tsp. sugar**
- **¼ tsp. salt**
- **1 Tbsp. cornstarch**
- **1 Tbsp. cold water**
- **3 cups hot cooked rice or rice noodles**
- **Crushed red pepper, for garnish**

**1.** Sprinkle beef with garlic powder. Heat oil in a very large skillet over medium heat. Working with half of beef at a time, cook, turning occasionally, until browned, about 5 minutes per batch. Transfer to a 4-qt. slow cooker.

**2.** Dissolve bouillon cube in the hot water in a small bowl; pour into slow cooker. Stir in bell peppers (tip, above), tomatoes, onion, soy sauce, sugar, and salt.

**3.** Cover and cook on High 3 to 3½ hours or on Low 6 to 7½ hours. If using Low setting, turn to High. Whisk together cornstarch and the cold water. Stir into the mixture. Cover and cook 30 minutes more, or until beef and vegetables are tender. Serve with hot cooked rice and garnish with crushed red pepper.

***HEALTHY***

PER 1 CUP BEEF AND VEGETABLES AND ½ CUP RICE MIXTURE: 413 CAL; 14G FAT (3G SAT); 38G PRO; 34G CARB (2G FIBER, 6G SUGARS); 778MG SODIUM

> “I ADDED PAPRIKA AND USED CHICKEN BROTH INSTEAD OF WATER. MY WIFE ABSOLUTELY LOVED IT.”
>
> – GIFTEDMELON9877

# SLOW COOKER CHICKEN AND DUMPLINGS

**HANDS-ON** 10 MIN **TOTAL** 3 HR, 40 MIN
**SERVES** 6 **SUBMITTED BY** JANIECE MASON

★★★★½ 7,306 REVIEWS

*A can of refrigerated biscuits provides a shortcut for pillowy, buttery dumplings in this classic creamy stew.*

- **2 (10.5-oz.) cans condensed cream of chicken soup**
- **1 cup water**
- **1 onion, finely chopped (1 cup)**
- **2 Tbsp. butter (optional)**
- **½ tsp. black pepper, plus more for garnish**
- **½ tsp. garlic powder**
- **¼ tsp. salt**
- **4 boneless, skinless chicken breasts (1½ lb.)**
- **1 (10.2-oz.) pkg. refrigerated homestyle biscuits, cut into 1-inch pieces**
- **Chopped fresh parsley, for garnish**

**1.** Stir together condensed soup, the water, onion, butter (if using), pepper, garlic powder, and salt in a 5- to 6-qt. slow cooker. Add chicken breasts and press down to submerge.
**2.** Cover and cook on High 2½ to 3 hours. Remove chicken from cooker and shred. Return shredded chicken to cooker and stir to combine. Arrange biscuit dough pieces over top. Cover and cook on High until dough is no longer shiny on top and is no longer raw in centers, about 1 hour more. Garnish with parsley and additional pepper.

PER ABOUT 1 CUP: 392 CAL; 16G FAT (5G SAT); 30G PRO; 30G CARB (5G FIBER, 4G SUGARS); 1,165MG SODIUM

> "THE ONLY THING I CHANGED WAS USING BONELESS, SKINLESS CHICKEN THIGHS INSTEAD OF THE BREASTS."
>
> **– EBONY**

# SLOW COOKER BUTTER CHICKEN

**HANDS-ON** 15 MIN
**TOTAL** 4 HR, 20 MIN **SERVES** 4
**SUBMITTED BY** THE MEAL PLANNER

★★★★☆ 517 REVIEWS

*This ingredient list may seem long, but it's chock-full of shelf-stable spices, such as curry powder and garam masala. Most spices keep in your pantry up to 1 year.*

| | |
|---|---|
| **15** | **green cardamom pods** |
| | **Cheesecloth and kitchen string** |
| **2** | **Tbsp. butter** |
| **2** | **Tbsp. vegetable oil** |
| **1** | **medium onion, diced (1 cup)** |
| **3** | **cloves garlic, minced** |
| **1** | **Tbsp. curry paste (such as Patak's)** |
| **2** | **tsp. curry powder** |
| **2** | **tsp. tandoori masala** |
| **1** | **tsp. garam masala** |
| **1** | **(6-oz.) can tomato paste** |
| **1** | **(14.5-oz.) can unsweetened coconut milk** |
| **4** | **(6- to 8-oz.) boneless, skinless chicken thighs, cut into bite-size pieces** |
| **¼** | **tsp. salt** |
| **1** | **cup plain whole-milk yogurt** |
| | **Hot cooked basmati rice and/or naan, for serving** |
| | **Fresh Thai basil leaves and/or crushed red pepper, for garnish** |

**1.** Wrap cardamom pods in a large square of cheesecloth and tie with kitchen string. Heat butter and oil in a large skillet over medium heat.

**2.** Add onion and garlic; cook, stirring occasionally, until onion has softened, 5 to 7 minutes. Stir in curry paste, curry powder, tandoori masala, and garam masala; cook, stirring frequently, 1 minute. Add tomato paste and stir until mixture is smooth.

**3.** Transfer mixture to a 5- to 6-qt. slow cooker. Stir in coconut milk, chicken, salt, and cardamom pods in cheesecloth.

**4.** Cover and cook on Low 4 hours or until chicken is tender and an instant-read thermometer inserted into thickest parts registers 165°F. Discard cheesecloth bag. Stir in yogurt just before serving. Serve with rice and/or naan and garnish with Thai basil leaves and/or crushed red pepper.

PER 1 CUP CURRY: 544 CAL; 38G FAT (22G SAT); 30G PRO; 19G CARB (4G FIBER, 10G SUGARS); 774MG SODIUM

> "I REPLACED THE CHICKEN WITH CHICKPEAS AND OMITTED THE YOGURT TO MAKE A VEGAN VERSION."
>
> – LAURABEE

PHOTO: JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

awesome slow cooker pot roast ↘

# AWESOME SLOW COOKER POT ROAST

**HANDS-ON** 10 MIN **TOTAL** 3 HR, 10 MIN
**SERVES** 12 **SUBMITTED BY** BRENDA ARNOLD

★★★★☆ 7,141 REVIEWS

*Pantry-friendly canned condensed soup and dry soup mix season tender beef chuck for hands-off flavor.*

- **2 (10.75-oz.) cans condensed cream of mushroom soup**
- **1 (1-oz.) pkg. dry onion soup mix**
- **1¼ cups water**
- **5½ lb. pot roast, such as boneless beef chuck**

Stir together condensed soup, soup mix, and the water in a 5- to 6-qt. slow cooker. Add pot roast and turn to coat. Cover and cook on High 3 to 4 hours or on Low 8 to 9 hours, or until tender.

***HEALTHY***

PER 6 OZ.: 306 CAL; 10G FAT (3G SAT); 47G PRO; 5G CARB (0G FIBER, 1G SUGARS); 513MG SODIUM

> “I USED LEFTOVERS IN MY POTATO PANCAKES AND CORN FRITTERS.”
>
> – **TOMMYBOY**

# SLOW COOKER CREAMED CORN

**HANDS-ON** 5 MIN **TOTAL** 2 HR, 5 MIN
**SERVES** 7 **SUBMITTED BY** DOTTE

★★★★☆ 621 REVIEWS

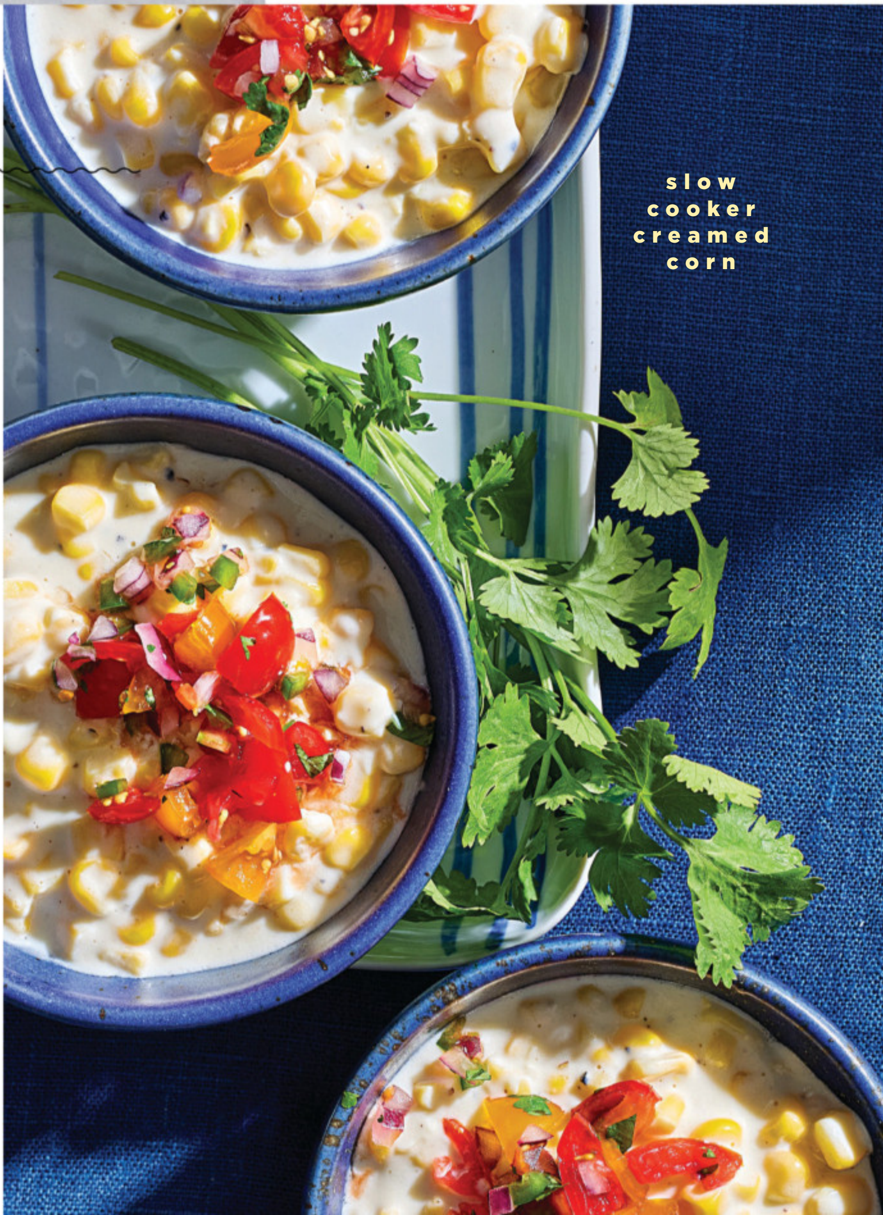
*Garnish or serve with additional toppings like pico de gallo, cilantro, bacon, and/or green chiles.*

- **1 (16-oz.) pkg. frozen whole kernel corn**
- **1 (8-oz.) pkg. cream cheese**
- **½ cup whole milk**
- **¼ cup unsalted butter**
- **1 Tbsp. sugar**
- **½ tsp. salt**
- **½ tsp. black pepper**

Combine corn, cream cheese, milk, butter, sugar, salt, and pepper in a 3- to 4-qt. slow cooker. Cover and cook on High 2 to 3 hours or on Low 4 to 5 hours. Stir before serving.

***VEGETARIAN***

PER ½ CUP: 247 CAL; 19G FAT (11G SAT); 5G PRO; 18G CARB (1G FIBER, 5G SUGARS); 278MG SODIUM



slow cooker creamed corn

PHOTO: (CORN) JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

Pillsbury
HOLIDAY SMELLS incoming
Grands! Cinnamon Rolls
SCAN TO GET baking

# KEEPERS

**With thousands of five-star ratings, these top-rated and most-popular comfort food dishes deserve a special spot in your recipe box.**

## Banana Banana Bread

**HANDS-ON** 15 MIN
**TOTAL** 1 HR, 30 MIN **SERVES** 12
**SUBMITTED BY** SHELLEY ALBELUHN

★★★★★ 13,379 REVIEWS

- **2 cups flour**
- **1 tsp. baking soda**
- **¼ tsp. salt**
- **½ cup butter, softened**
- **¾ cup brown sugar**
- **2 eggs, beaten**
- **2⅓ cups mashed overripe bananas (5 to 6 small bananas), plus 1 small banana, sliced lengthwise, for topping (optional)**

**1.** Preheat oven to 350°F. Grease a 5x9-inch loaf pan.
**2.** Stir together flour, baking soda, and salt in a large bowl. In another large bowl, beat together butter and brown sugar with an electric mixer at medium speed until creamy. Stir in eggs and mashed bananas until well blended. Add banana mixture to flour mixture; stir just until moistened. Pour batter into prepared loaf pan. If you like, arrange lengthwise banana slices on top.
**3.** Bake until a toothpick inserted into center of loaf comes out clean, 60 to 65 minutes. Let cool in pan 10 minutes, then turn out onto a wire rack to cool completely.

PER 1 (¾-INCH-THICK) SLICE: 229 CAL; 9G FAT (5G SAT); 4G PRO; 35G CARB (2G FIBER, 14G SUGARS); 223MG SODIUM

Pillsbury
SMELLS
so good
YOU CAN ALMOST
TASTE THEM
SMELLS LIKE
HOLIDAY
MORNING
5 Deluxe
Cinnamon Rolls
AIR FRYER READY
Original
Icing
Pillsbury
Grands!
Cinnamon Rolls
CINNABON

> *Instead of bread crumbs, I used Italian-style panko. This is a keeper in my family!"*
>
> – JAMIE SANCHEZ

## Easy Meatloaf

**HANDS-ON** 15 MIN
**TOTAL** 1 HR, 25 MIN **SERVES** 8
**SUBMITTED BY** JANET CALDWELL

★★★★⯪ 7,113 REVIEWS

*This low-prep dinner staple can be customized with so-simple glazes (right).*

- **1 egg**
- **1 cup whole milk**
- **1 cup dried bread crumbs**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **1½ lb. ground beef**
- **1 small onion, chopped (½ cup)**
- **⅓ cup ketchup**
- **2 Tbsp. brown sugar**
- **2 Tbsp. yellow mustard**

**1.** Preheat oven to 350°F. Grease a 5x9-inch loaf pan.
**2.** Whisk together egg, milk, bread crumbs, salt, and pepper in a large bowl. Add beef and onion; mix gently using clean hands. Transfer mixture to prepared loaf pan.
**3.** In a small bowl, whisk together ketchup, brown sugar, and mustard.
**4.** Bake meatloaf 35 minutes. Spread ketchup mixture over meatloaf. Bake 25 to 35 minutes more or until an instant-read thermometer inserted into center registers 160°F. Let stand 10 minutes. Slice into 8 (1-inch-thick) pieces.

***HEALTHY***

PER 1-INCH-THICK SLICE: 277 CAL; 14G FAT (5G SAT); 20G PRO; 18G CARB (1G FIBER, 7G SUGARS); 467MG SODIUM

### APRICOT-DIJON GLAZE

Omit ketchup, brown sugar, and yellow mustard and instead stir together ½ cup **apricot preserves** and 2 Tbsp. **Dijon mustard** in Step 3.

### PEACH-CHILE GLAZE

Omit ketchup, brown sugar, and yellow mustard and instead stir together ½ cup **peach preserves** and 2 tsp. each **Thai-style sweet chili sauce,** minced **fresh garlic,** and grated **fresh ginger** in Step 3.

### CRANBERRY GLAZE

Omit brown sugar and yellow mustard and increase ketchup to ½ cup. Stir together the ketchup and ¼ cup **whole cranberry sauce** in Step 3.

# World's Best Lasagna

**HANDS-ON** 30 MIN
**TOTAL** 3 HR, 15 MIN **SERVES** 12
**SUBMITTED BY** JOHN CHANDLER

★★★★★ 15,162 REVIEWS

**For Sauce**

- **1 lb. ground sweet Italian sausage**
- **12 oz. lean ground beef**
- **½ cup minced onion**
- **2 cloves garlic, crushed**
- **1 (28-oz.) can crushed tomatoes**
- **1 (15-oz.) can tomato sauce**
- **2 (6-oz.) cans tomato paste**
- **½ cup water**
- **2 Tbsp. chopped fresh parsley**
- **2 Tbsp. sugar**
- **1½ tsp. dried basil**
- **1 tsp. Italian seasoning**
- **1 tsp. salt**
- **½ tsp. fennel seeds**
- **¼ tsp. black pepper**

**For Lasagna**

- **12 lasagna noodles**
- **1 lb. ricotta cheese**
- **1 egg**
- **2 Tbsp. chopped fresh parsley**
- **½ tsp. salt**
- **12 oz. sliced deli-style mozzarella cheese**
- **¾ cup grated Parmesan cheese (3 oz.), plus more for garnish**
- **Fresh basil leaves, for garnish**

**Make Sauce**

**1.** Cook sausage, beef, onion, and garlic in a large, heavy pot over medium heat, stirring and breaking up lumps, until well browned. Stir in crushed tomatoes, tomato sauce, tomato paste, and the water. Stir in parsley, sugar, basil, Italian seasoning, salt, fennel seeds, and pepper. Simmer, covered, stirring occasionally, 1½ hours.

**Prepare Noodles and Filling**

**2.** Bring a large pot of lightly salted water to a boil. Cook noodles according to package directions; drain. Meanwhile, stir together ricotta, egg, parsley, and salt in a medium bowl.

**Assemble Lasagna**

**3.** Preheat oven to 375°F. Spread 1½ cups sauce in bottom of a 9x13-inch baking dish. Arrange 6 noodles lengthwise over sauce. Spread with half of ricotta mixture. Top with one-third of mozzarella slices. Spoon 1½ cups sauce over mozzarella and sprinkle with ¼ cup Parmesan. Repeat layers, ending with remaining mozzarella and Parmesan. Coat a sheet of foil with cooking spray and, with greased side down, lightly cover baking dish, making sure foil doesn't touch cheese.

**4.** Bake 25 minutes. Remove foil and bake 25 minutes more. Let cool 15 to 20 minutes before serving. Garnish with fresh basil and additional Parmesan.

PER SERVING: 476 CAL; 23G FAT (11G SAT); 30G PRO; 37G CARB (4G FIBER, 11G SUGARS); 1,488MG SODIUM

# Grandma's Green Bean Casserole

**HANDS-ON** 15 MIN **TOTAL** 45 MIN
**SERVES** 10 **SUBMITTED BY** AMY

★★★★½ 2,265 REVIEWS

*This recipe has been a favorite among those who turn their nose up at cream of mushroom soup-based casseroles. A buttery cracker topper adds crunch in every bite.*

- **3 Tbsp. butter**
- **2 Tbsp. flour**
- **1 cup sour cream**
- **¼ cup chopped onion**
- **1 tsp. salt**
- **1 tsp. sugar**
- **3 (14.5-oz.) cans french-style green beans, drained**
- **2 cups shredded cheddar cheese (8 oz.)**
- **½ cup crumbled buttery round crackers**

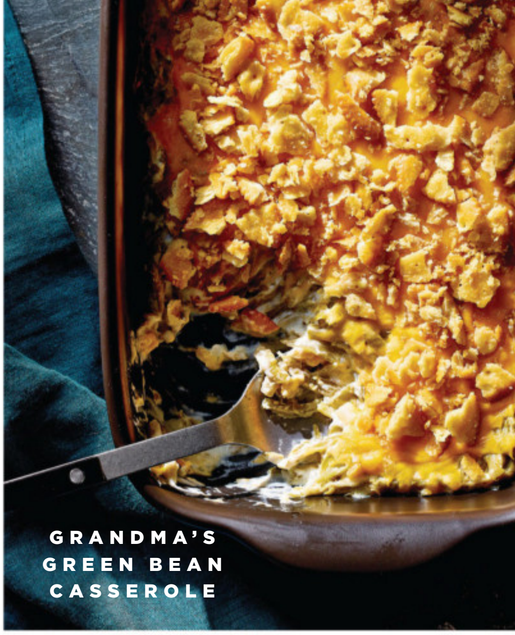
**1.** Preheat oven to 350°F. Melt butter in a large skillet over medium heat; reserve 1 Tbsp. melted butter for topping. Stir flour into remaining butter in skillet until smooth; cook and stir 1 minute. Stir in sour cream, onion, salt, and sugar. Add green beans; stir to coat. Transfer mixture to a 2½-qt. baking dish.

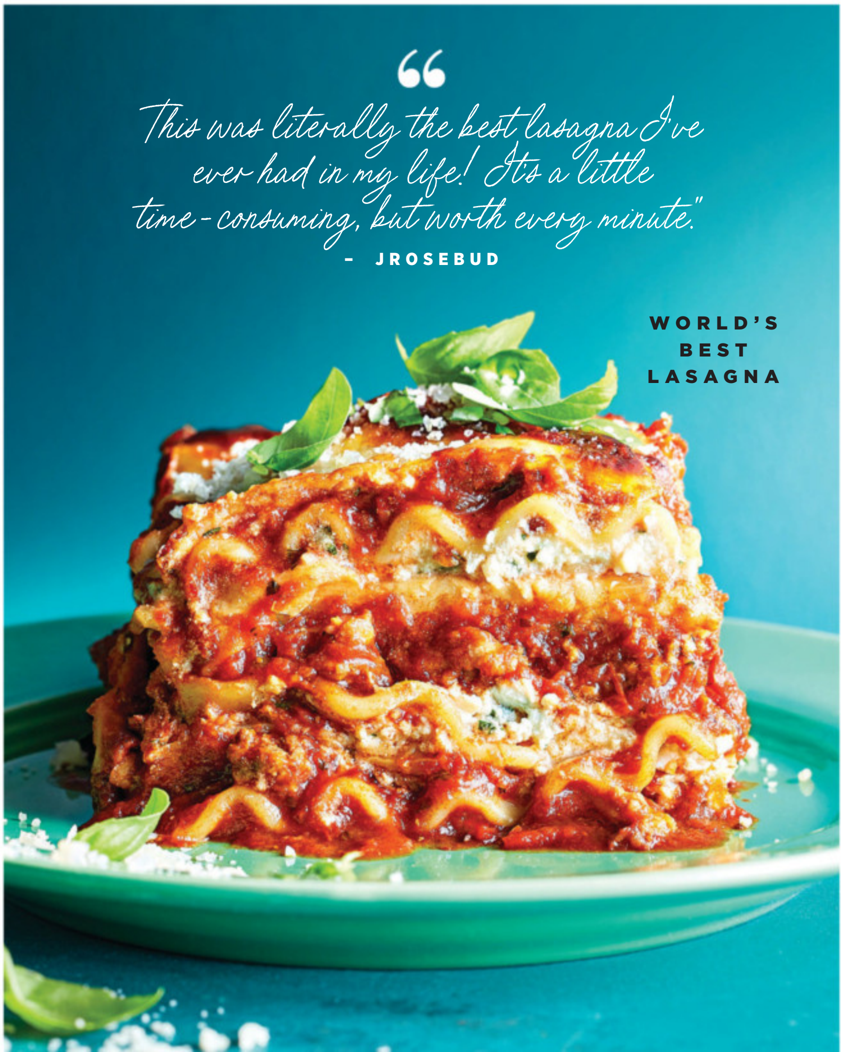
**2.** Sprinkle cheese over green bean mixture. Toss cracker crumbs with reserved melted butter in a small bowl; sprinkle over bean mixture.

**3.** Bake until topping is golden and cheese is bubbly, about 30 minutes.

***VEGETARIAN***

PER ½ CUP: 214 CAL; 16G FAT (9G SAT); 7G PRO; 11G CARB (2G FIBER, 3G SUGARS); 725MG SODIUM





> "This was literally the best lasagna I've ever had in my life! It's a little time-consuming, but worth every minute."
> – JROSEBUD

PHOTO (GREEN BEAN CASSEROLE): BRIE GOLDMAN; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: SUE MITCHELL

> “I made this exactly as directed, and it was great! It came out moist and tender with a crunchy top.”
>
> – **SCOOTERSANDI**

**CHICKEN PARMESAN**

> “Next time I make it, I will warm the sauce and add it just before serving. That way the chicken will stay crispy but still get all the flavors.”
>
> – **SANNI**

PHOTO: BRIE GOLDMAN; FOOD STYLING: GABRIEL GRECO; PROP STYLING: HOLLY DREESMAN

## Chicken Parmesan

**HANDS-ON** 40 MIN **TOTAL** 1 HR
**SERVES** 4 **SUBMITTED BY** CHEF JOHN

★★★★★ 3,649 REVIEWS

*If you like, serve over spaghetti. You can substitute pesto for the marinara sauce, too.*

**4 (6- to 8-oz.) boneless, skinless chicken breasts**
**½ tsp. black pepper**
**2 eggs, beaten**
**2 cups panko bread crumbs**
**¾ cup grated Parmesan cheese (3 oz.)**
**2 Tbsp. flour**
**¾ cup olive oil**
**½ cup low-sodium marinara sauce**
**2 oz. fresh mozzarella, cut into ¼-inch cubes**
**½ cup shredded provolone cheese (2 oz.)**
**¼ cup chopped fresh basil**

**1.** Preheat oven to 450°F. Put chicken breasts between 2 sheets of plastic on a work surface. Pound chicken with smooth side of a meat mallet or rolling pin until about ½ inch thick. Sprinkle with pepper.
**2.** Put eggs in a shallow dish. In another shallow dish, stir together panko and ½ cup Parmesan.
**3.** Sprinkle chicken with flour. Working with 1 piece at a time, dip chicken into eggs to coat, allowing excess to drip off; dredge in panko mixture, pressing crumbs to adhere. Transfer to a plate. Let chicken stand 15 minutes.
**4.** Heat oil in a large skillet over medium-high heat. Cook chicken, turning halfway through, until golden, 5 to 6 minutes.
**5.** Transfer chicken to a 9x13-inch baking dish. Top each piece with 2 Tbsp. marinara sauce. Sprinkle with mozzarella, provolone, basil, and remaining ¼ cup Parmesan.
**6.** Bake 12 to 15 minutes, or until an instant-read thermometer inserted into thickest parts of chicken registers 165°F.

PER 1 PIECE: 623 CAL; 23G FAT (9G SAT); 58G PRO; 42G CARB (2G FIBER, 5G SUGARS); 784MG SODIUM

PHOTO: CARSON DOWNING; FOOD STYLING: ANNIE PROBST; PROP STYLING: JOSEPH WANEK

BEST BROWNIES

↑ **EASY LIFT** Tear off 2 pieces of Reynolds Kitchens® Parchment Paper. Mark and cut the parchment so it is 8 inches wide and overhangs the sides of a pan by 1 or 2 inches. Line pan with parchment paper pieces before adding brownie batter. Once baked brownies are cool, use sling to remove brownies for easier cutting and serving.

## Best Brownies

**HANDS-ON** 10 MIN **TOTAL** 1 HR
**SERVES** 16 **SUBMITTED BY** ANGIE

★★★★½ 10,931 REVIEWS

*If you like, top off these popular brownies with hot fudge and caramel sauces and toasted chopped pecans.*

**1 cup sugar**
**½ cup butter, melted**
**2 eggs**
**1 tsp. vanilla extract**
**½ cup flour**
**⅓ cup unsweetened cocoa powder**
**¼ tsp. salt**
**¼ tsp. baking powder**

**1.** Preheat oven to 350°F. Grease an 8-inch square pan or line with parchment (see "Easy Lift," above).
**2.** Whisk together sugar, melted butter, eggs, and vanilla in a large bowl. Whisk in flour, cocoa, salt, and baking powder. Spread batter in prepared pan.
**3.** Bake until a toothpick inserted in center comes out clean, 25 to 30 minutes. Cool completely before removing brownies from pan and cutting. (To store, arrange brownies in an even layer in an airtight container; store at room temperature up to 3 days.)

PER 1 BROWNIE: 184 CAL; 9G FAT (5G SAT); 2G PRO; 26G CARB (1G FIBER, 21G SUGARS); 116MG SODIUM

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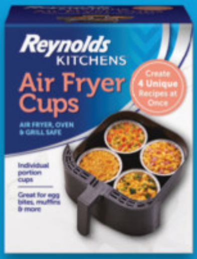
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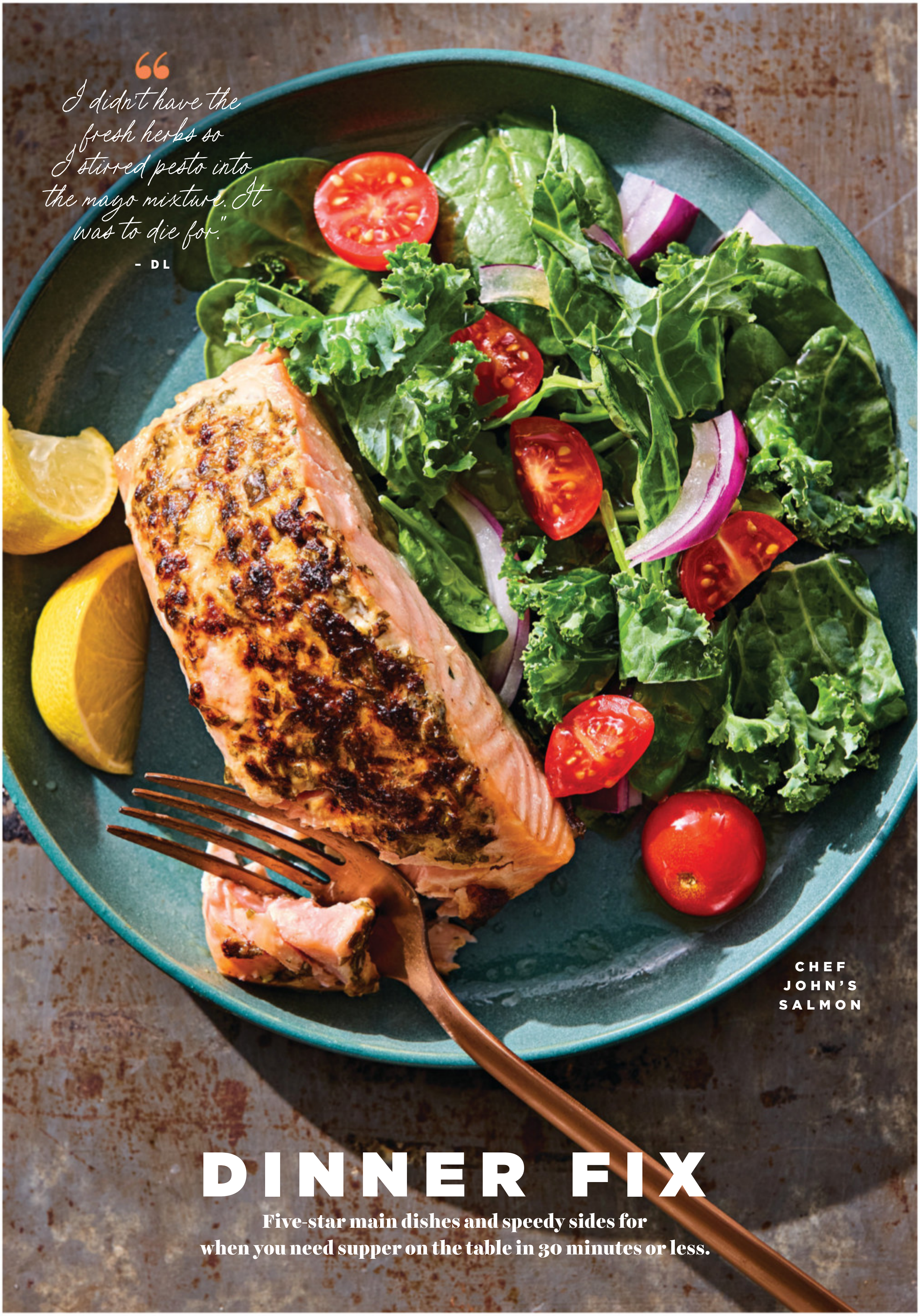


“I didn't have the fresh herbs so I stirred pesto into the mayo mixture. It was to die for.”

– DL

CHEF JOHN'S SALMON

# DINNER FIX

Five-star main dishes and speedy sides for when you need supper on the table in 30 minutes or less.

PHOTOS: JACOB FOX; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: DERA BURRESON

AIR FRYER PORK CHOPS

# GARLIC AIOLI

Stir together ¾ cup **mayonnaise,** 2 Tbsp. **lemon juice,** 1 Tbsp. minced **fresh garlic,** ½ tsp. **salt,** and ½ tsp. **black pepper** in a small bowl. Makes about ¾ cup. Chill, covered, until ready to serve or up to 1 day.

# Air Fryer Pork Chops

**HANDS-ON** 5 MIN **TOTAL** 20 MIN
**SERVES** 4 **SUBMITTED BY** NICOLE RUSSELL

★★★★★ 294 REVIEWS

| | |
|---|---|
| **½** | **cup grated Parmesan cheese (2 oz.)** |
| **1** | **tsp. garlic power** |
| **1** | **Tbsp. chopped fresh parsley, plus more for garnish, or 1 tsp. dried parsley** |
| **1** | **tsp. paprika** |
| **½** | **tsp. kosher salt** |
| **½** | **tsp. black pepper** |
| **4** | **(5-oz.) boneless pork chops (½ inch thick)** |
| **1** | **Tbsp. olive oil** |
| | **Garlic Aioli, for serving (recipe, above)** |

**1.** Stir together Parmesan, garlic powder, parsley, paprika, salt, and pepper in a shallow dish.

**2.** Brush pork chops with olive oil. Dredge both sides of each chop in Parmesan mixture.

**3.** Working in batches, if needed, arrange chops in an even layer about 1 inch apart in air-fryer basket. Cook at 400°F, turning halfway through, 10 to 12 minutes or until browned and an instant-read thermometer inserted into thickest parts registers 145°F. Transfer to a cutting board and let rest 5 minutes. Garnish with additional fresh parsley and serve with Garlic Aioli.

*QUICK* *GLUTEN-FREE*

PER 1 PORK CHOP: 362 CAL; 25G FAT (8G SAT); 33G PRO; 3G CARB (0G FIBER, 0G SUGARS); 438MG SODIUM

## ↓ NO FOOD PROCESSOR?

No problem. Finely chop the tarragon, parsley, and garlic; stir together with the mayonnaise, mustard, lemon juice, and cayenne.

# Chef John's Salmon

**HANDS-ON** 10 MIN **TOTAL** 20 MIN
**SERVES** 4 **SUBMITTED BY** CHEF JOHN

★★★★★ 242 REVIEWS

*If you can't find thick salmon fillets, a good guideline is to cook fish fillets about 4 to 6 minutes per ½-inch thickness.*

| | |
|---|---|
| **4** | **(5- to 6-oz.) center-cut salmon fillets (about 1½ inches thick), skin on, if desired** |
| **¼** | **tsp. kosher salt** |
| **3** | **Tbsp. mayonnaise** |
| **1** | **Tbsp. chopped fresh tarragon** |
| **1** | **Tbsp. chopped fresh parsley** |
| **1** | **tsp. Dijon mustard** |
| **1** | **tsp. lemon juice, plus wedges for serving** |
| **1** | **medium clove garlic, sliced** |
| | **Pinch of cayenne pepper** |

**1.** Set oven rack about 6 inches from heat source and preheat broiler. Line a 10x15-inch rimmed baking sheet with foil and coat lightly with cooking spray.

**2.** Arrange fish, skin sides down, on prepared baking sheet and sprinkle with salt.

**3.** Combine mayonnaise, tarragon, parsley, mustard, lemon juice, garlic, and cayenne in a small food processor; pulse until well mixed. Spread mixture over fillets.

**4.** Broil until fillets are well browned, about 5 minutes. Turn off broiler and set oven to 450°F. Roast until salmon flakes easily with a fork and an instant-read thermometer inserted into thickest parts registers 145°F, 5 to 7 minutes. Serve with lemon wedges.

PER 5 OZ. SALMON: 341 CAL; 24G FAT (5G SAT); 29G PRO; 1G CARB (0G FIBER, 0G SUGARS); 256MG SODIUM

# Zesty Quinoa Salad

**HANDS-ON** 15 MIN **TOTAL** 30 MIN
**SERVES** 4 **SUBMITTED BY** SCRUMDIDDLY

★★★★★ 1,125 REVIEWS

| | |
|---|---|
| **2** | **cups water** |
| **1** | **cup quinoa** |
| **¼** | **cup extra-virgin olive oil** |
| **¼** | **cup lime juice (about 2 medium limes)** |
| **2** | **tsp. cumin** |
| **1** | **tsp. salt** |
| **½** | **tsp. crushed red pepper** |
| **1½** | **cups multicolor cherry tomatoes, halved** |
| **1** | **(15-oz.) can black beans, rinsed and drained** |
| **5** | **green onions, finely chopped (1¼ cups)** |
| **¼** | **cup chopped fresh cilantro** |

**1.** Bring the water and quinoa to a boil in a medium saucepan over high heat. Reduce heat to medium-low; simmer, covered, until quinoa is tender and water has been absorbed, 10 to 15 minutes. Remove from heat; let cool.
**2.** Meanwhile, for dressing, whisk together oil, lime juice, cumin, salt, and crushed red pepper in a small bowl.
**3.** Stir together cooled quinoa, tomatoes, black beans, and green onions in a large bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro. (To store, chill, covered, up to 4 days.)

***HEALTHY*** ***GLUTEN-FREE*** ***VEGAN***

PER 2 CUPS: 384 CAL; 16G FAT (2G SAT); 12G PRO; 48G CARB (8G FIBER, 2G SUGARS); 712MG SODIUM

> “
> *This recipe is always a hit. I usually add more cilantro and less salt. This tastes even better the next day!"*
>
> – SILVERNAAN2456

## Super Nachos

**HANDS-ON** 10 MIN **TOTAL** 25 MIN
**SERVES** 8 **SUBMITTED BY** MELANIE

★★★★★ 111 REVIEWS

| | |
|---|---|
| **1** | **lb. ground beef** |
| **¾** | **cup water** |
| **2** | **Tbsp. taco seasoning (see tip, below)** |
| **1** | **(15-oz.) bag restaurant-style tortilla chips** |
| **2** | **cups shredded sharp cheddar cheese (8 oz.)** |
| **1** | **(15-oz.) can refried beans** |
| **1** | **cup pico de gallo or salsa** |
| **1** | **cup sour cream** |
| **1** | **(6-oz.) can pitted ripe black olives, drained and coarsely chopped (about 1 cup)** |
| **⅓** | **cup chopped green onions** |
| **2** | **medium jalapeño peppers, sliced (optional)** |

**1.** Cook beef in a large skillet over medium heat, stirring and breaking up lumps, until browned, 5 to 8 minutes. Pour off grease. Stir in water and taco seasoning; simmer, stirring occasionally, until thickened, about 5 minutes.

**2.** Meanwhile, set oven rack about 6 inches from heat source and preheat broiler. Line a 13x18-inch rimmed baking sheet with foil.

**3.** Spread tortilla chips in an even layer on prepared baking sheet. Sprinkle with half of cheese, then spoon beans and beef mixture over top. Sprinkle with remaining cheese.

**4.** Broil until cheese is melted, 3 to 5 minutes.

**5.** To serve, top with pico de gallo, sour cream, olives, green onions, and jalapeños (if using).

*QUICK*

PER 2½ CUPS: 629 CAL; 38G FAT (13G SAT); 26G PRO; 50G CARB (5G FIBER, 3G SUGARS); 1,143MG SODIUM

### ↑ TOP IT OFF

**Fresh radish slices, chopped tomato, shredded lettuce, crumbled cotija, and/or chopped avocado make delicious toppers, too.**

SCAN THE CODE FOR A FROM-SCRATCH TACO SEASONING WITH MORE THAN 400 FIVE-STAR RATINGS.

# EXTRA, EXTRA

**Round out your meals with quick-to-fix side dishes with rave reviews.**

> “I used lemon-infused oil, and it was delicious.”
>
> – KIM

↓

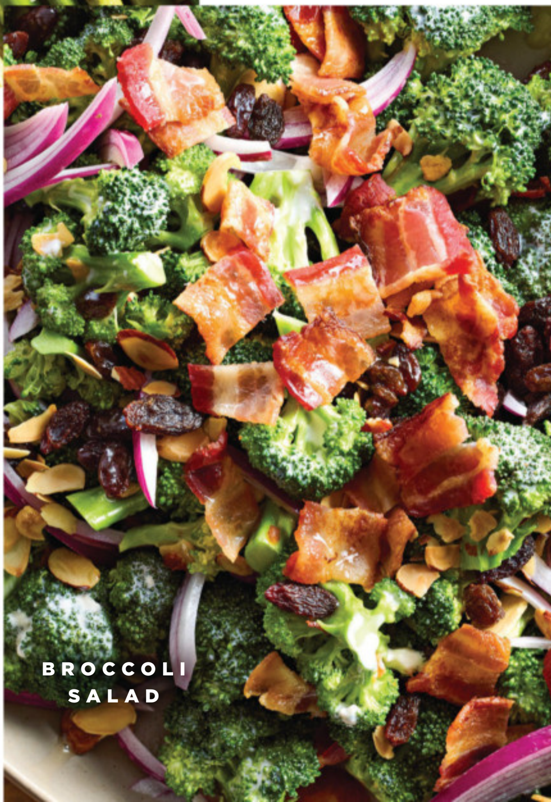
MEXICAN-STYLE RICE

OVEN-ROASTED ASPARAGUS

BRUSCHETTA

> “I added shredded carrot. I also only used half of the sugar. It's sweet enough.”
>
> – TOUGHMELT1540

→



BROCCOLI SALAD

SUPERB
SAUTÉED
MUSHROOMS

## ← SUPERB SAUTÉED MUSHROOMS

Heat 3 Tbsp. each **olive oil** and **butter** in a very large skillet over medium heat until butter melts, 2 minutes. Add 1 lb. sliced **button mushrooms;** cook, not stirring, until mushrooms are browned, about 5 minutes. Stir in 1 Tbsp. each **dry red wine** and **teriyaki sauce** or less-sodium soy sauce; 1 tsp. minced **fresh garlic;** ½ tsp. **garlic salt;** and ¼ tsp. **black pepper.** Cook, stirring occasionally, until mushrooms are tender and liquid has absorbed, 8 to 10 minutes. Garnish with additional pepper. Makes 3 cups.

↑

> 66
> *These are absolutely delicious. I used sherry for the wine because that's what I had. I will make these again."*
>
> – YOLY

## Oven-Roasted Asparagus

**HANDS-ON** 10 MIN
**TOTAL** 25 MIN **SERVES** 8
**SUBMITTED BY** SWEDISHMILK

★★★★★ 2,152 REVIEWS

| | |
|---|---|
| **2** | **lb. asparagus, trimmed** |
| **⅓** | **cup vegetable oil** |
| **¼** | **cup grated Parmesan cheese (1 oz.)** |
| **2** | **medium cloves garlic, minced (2 tsp.)** |
| **1** | **tsp. salt** |
| **½** | **tsp. black pepper** |
| **1** | **Tbsp. lemon juice (optional), plus wedges for serving** |

**1.** Preheat oven to 425°F. Line a 10x15-inch rimmed baking sheet with foil.

**2.** Arrange asparagus on prepared baking sheet. Drizzle with oil and sprinkle with Parmesan, garlic, salt, and pepper; toss to coat, then spread into an even layer.

**3.** Roast until asparagus is tender, 12 to 15 minutes. (Thin asparagus spears may need less time.) Drizzle with lemon juice (if using) just before serving. Serve with lemon wedges.

*VEGETARIAN* *GLUTEN-FREE*

PER ABOUT 6 SPEARS: 123 CAL; 11G FAT (2G SAT); 3G PRO; 5G CARB (2G FIBER, 2G SUGARS); 471MG SODIUM

## Mexican-Style Rice

**HANDS-ON** 5 MIN **TOTAL** 30 MIN
**SERVES** 8 **SUBMITTED BY** MOMMYTO2

★★★★½ 2,387 REVIEWS

| | |
|---|---|
| **3** | **Tbsp. vegetable oil** |
| **1** | **cup long-grain white rice** |
| **1** | **tsp. garlic salt** |
| **½** | **tsp. cumin** |
| **¼** | **cup chopped onion** |
| **2** | **cups low-sodium chicken broth** |
| **½** | **cup tomato sauce** |

**1.** Heat oil in a large saucepan over medium heat. Add rice; season with garlic salt and cumin. Cook and stir until fragrant and toasted, about 5 minutes. Add onion; cook, stirring occasionally, until onion has softened, about 5 minutes.

**2.** Stir in chicken broth and tomato sauce; bring to a boil over high heat. Reduce heat to low; simmer, covered, until rice is tender and liquid is absorbed, 20 to 25 minutes. Fluff rice with a fork.

*QUICK* *GLUTEN-FREE*

PER ½ CUP: 146 CAL; 6G FAT (1G SAT); 3G PRO; 21G CARB (1G FIBER, 1G SUGARS); 337MG SODIUM

## Bruschetta

**HANDS-ON** 15 MIN
**TOTAL** 20 MIN **SERVES** 16
**SUBMITTED BY** KATHY BIAS

★★★★★ 870 REVIEWS

| | |
|---|---|
| **1** | **Tbsp. plus 2 tsp. extra-virgin olive oil** |
| **1** | **(8-oz.) loaf baguette-style French bread, bias-cut into ¼-inch-thick slices (about 32 slices)** |
| **1** | **Tbsp. balsamic vinegar** |
| **¼** | **tsp. salt** |
| **¼** | **tsp. black pepper** |
| **8** | **Roma tomatoes (1½ lb.), cored, seeded, if desired, and diced (4 cups)** |
| **⅓** | **cup chopped fresh basil, plus more for garnish** |
| **¼** | **cup grated Parmesan cheese (1 oz.)** |
| **1** | **to 2 medium cloves garlic, minced (1 to 2 tsp.)** |

**1.** Preheat oven to 400°F. Brush 1 Tbsp. oil over bread slices; arrange on a very large rimmed baking sheet. Toast until golden, 5 to 10 minutes.

**2.** Meanwhile, stir together vinegar, salt, pepper, and remaining 2 tsp. oil in a medium bowl. Add tomatoes, basil, Parmesan, and garlic; toss to coat.

**3.** Spoon tomato mixture onto toasted bread slices. Garnish with additional basil. (To store, transfer tomato mixture to an airtight container and chill up to 2 days. Top toast just before serving.)

*HEALTHY* *QUICK* *VEGETARIAN*

PER 2 SLICES: 60 CAL; 2G FAT (0G SAT); 2G PRO; 9G CARB (1G FIBER, 1G SUGARS); 129MG SODIUM

## BROCCOLI SALAD

Stir together 1 cup **mayonnaise,** ½ cup **sugar,** and 2 Tbsp. **white wine vinegar** in a large bowl until smooth. Add 5 cups **broccoli florets,** 1 cup crumbled cooked **bacon,** ¾ cup sliced **red onion,** ¾ cup **raisins,** and ¾ cup toasted **sliced almonds;** stir to coat. Makes 5 cups. (To store, chill, covered, up to 2 days.)

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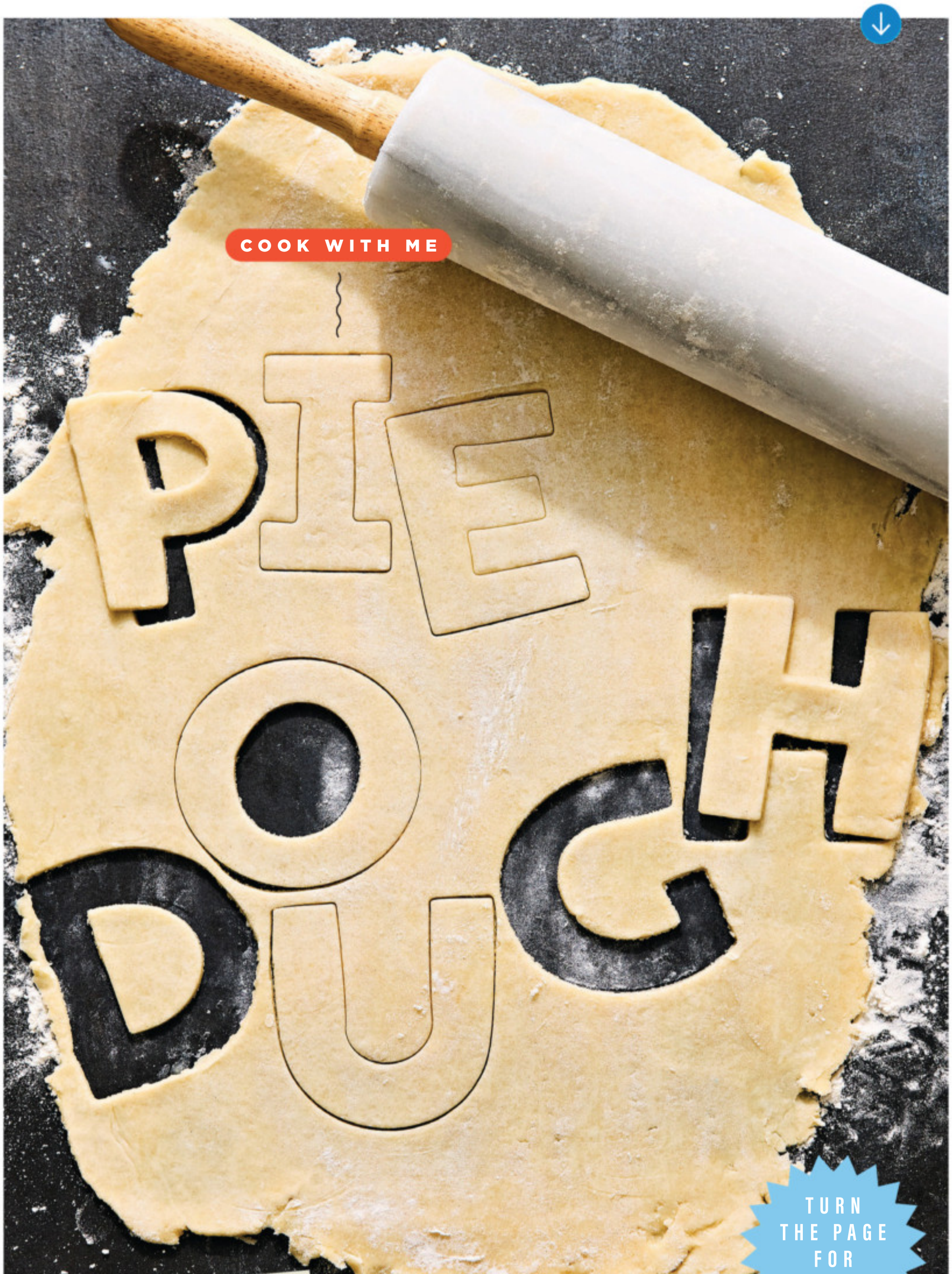
EASY
HOMEMADE
PIE DOUGH
*p. 51*



COOK WITH ME

# PIE DOUGH

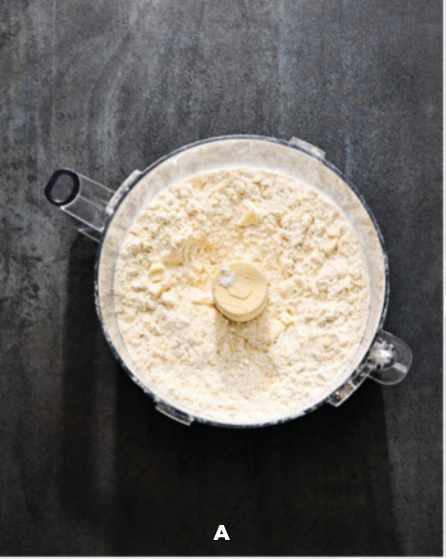
TURN THE PAGE FOR HOW-TOS.

**Get ready for pie season and learn to make buttery homemade crust from "Food Wishes" host John Mitzewich, aka Chef John. Follow his step-by-step guide for foolproof pastry that will leave no crumbs behind.** BY CAITLYN DIIMIG, RD

**EVEN BEFORE HE COULD STAND, CHEF JOHN WAS ENAMORED WITH THE PIE-MAKING PROCESS.** Seated in his high chair, he'd fix his eyes on his mom, Pauline, and his aunts, Angela and Joyce, measuring flour, cutting in butter, and rolling out dough. It was the crust more than the fillings that caught his eye. "I was always just fascinated by the crimping," says the California-based chef. He'd watch his mom's crimping technique transform rough folded edges into beautifully scalloped patterns.

As he aged out of the high chair, his mom and aunts let him in on the pie creation. "I would pester them to help," he says. Their teachings led him to creating a pie dough recipe with more than 400 five-star reviews. "It's a composite of the newer modern best practices and ancient wisdom from my mom and aunts," he says. Turn the page and follow the step-by-step guide to make this proven flaky pie crust. But don't overthink it. "The ingredients can sense fear," Chef John says. "Don't try to make it perfect. It's just pie. The last thing you're supposed to be doing when cooking is getting anxious about the results. Take a few breaths and relax."

PHOTOS: (FOOD) KELSEY HANSEN; FOOD STYLING: SHANNON GOFORTH; PROP STYLING: NATALIE GHAZALI. (PORTRAIT) AUBRIE PICK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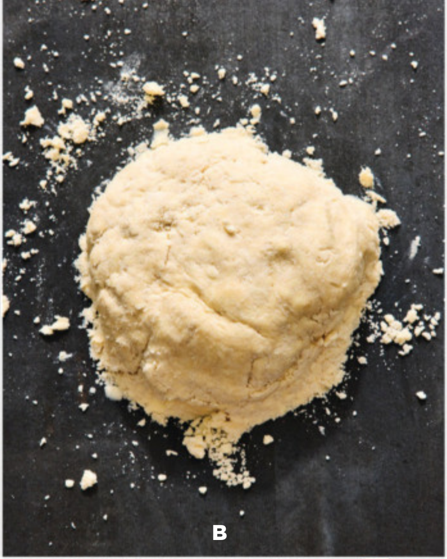
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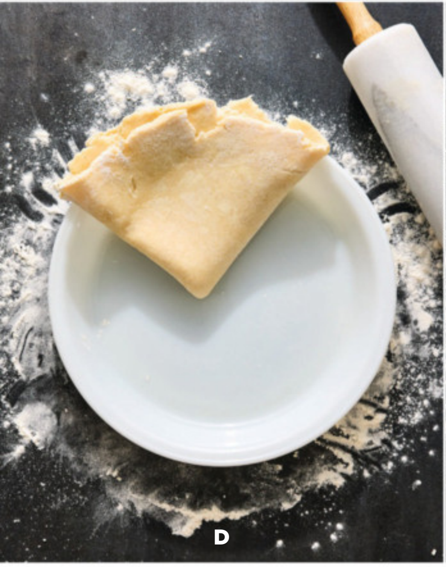
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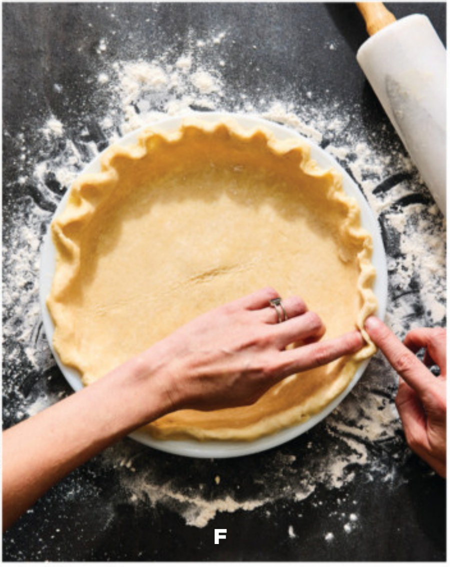
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# HOW TO MAKE PIE DOUGH

## CUT IN BUTTER

No pastry cutter needed for this recipe: Pulse flour, butter, and salt in a food processor until mixture resembles coarse crumbs **(A).** Always use ice-cold butter. "Room-temp butter will smear into the flour and create a paste that leads to a tough texture," Chef John says. Using ice water also prevents a pasty texture.

## FORM DOUGH

Pulse in the ice water-vinegar mixture half at a time. "It should barely clump together," Chef John says. "It's ready if, when you press it together, it forms a dough. If you let it go until it forms a solid dough ball, it will be overmixed."

## CHILL DOUGH

Turn dough out onto a lightly floured work surface and form into a ball, lightly sweeping dry bits into ball **(B).** Pat dough ball into a circle; divide circle in half. Pat each portion into a 5-inch disk; wrap in plastic wrap and chill at least 30 minutes **(C).** Forming the dough into disks and chilling help create a flaky crust and make the dough easier to work with. To prevent sticking, lightly flour work surface. Slightly flatten pastry disk on work surface with your hands, then roll into a 12-inch circle using a rolling pin.

## TRANSFER TO PIE DISH

Fold pastry into fourths and transfer to a 9-inch pie dish **(D);** unfold and ease into dish, taking care not to stretch or tear dough **(E).** If needed, trim pastry to ½ inch beyond pie dish. Tuck any extra or uneven pastry underneath pastry to be even with dish's edge.

## CRIMP PASTRY

For a single-crust pie, press index fingers into dough to create a scalloped edge **(F).** "Some people use a fork, but I think the edges are more likely to burn that way," Chef John says.

## ADD FILLING

Fill and bake as directed in recipes. For a double-crust pie, roll out second disk to be larger than pie dish. "I'm a big crust guy so I like to leave a large overhang. To me, that's the best part of the pie," Chef John says. Brush edges of bottom crust with egg wash, transfer top crust to cover filling, trim, press top and bottom crust edges together, and crimp as desired.

# Easy Homemade Pie Dough

*(pictured on p. 49)*

**HANDS-ON** 10 MIN **TOTAL** 40 MIN
**MAKES** 2 PIE CRUSTS
**SUBMITTED BY** CHEF JOHN

★★★★★ 404 REVIEWS

- **2½ cups flour (see "Good Measure," far right)**
- **1 cup cold unsalted butter, cubed**
- **½ tsp. salt**
- **1 Tbsp. cider vinegar (see "Tenderizer," above right)**
- **Ice water**

**1.** Pulse flour, butter, and salt in a food processor until mixture resembles coarse crumbs, about 10 (1-second) pulses **(A).**

**2.** Put vinegar in a small measuring cup. Add enough ice water to make ½ cup (about 7 Tbsp.). Pour half of ice water mixture into flour mixture; pulse to combine, about 3 (1-second) pulses. Pour in remaining ice water mixture; pulse until mixture starts to come together, about 8 (1-second) pulses.

**3.** Turn dough out onto a clean work surface; pat into a circle, sweeping and kneading dry bits into the ball **(B).** Divide dough in half and form each half into a 5-inch disk. Wrap each disk in plastic wrap **(C).** Chill until ready to use, at least 30 minutes or up to 2 days. (For longer storage, place wrapped pastry in a zip-top freezer bag and freeze up to 3 months. Thaw overnight in refrigerator before using.)

**4.** Slightly flatten a dough disk on a lightly floured surface with your hands. Use a rolling pin to roll pastry into a 12-inch circle. Fold pastry circle into fourths and transfer to a 9-inch pie dish **(D).** Unfold and ease pastry into dish without stretching it **(E).** Trim pastry to ½ inch beyond edge of dish. Fold under extra pastry even with the dish's edge; crimp edge as desired **(F).** Do not prick pastry. Fill and bake as directed in recipes. (For a double-crust pie, see "Add Filling," opposite.) (If making a single-crust pie, freeze remaining wrapped dough disk in a large zip-top plastic bag and freeze up to 3 months.)

**TENDERIZER** *Cider vinegar (or distilled vinegar) prevents gluten development. If too much gluten develops during the mixing and rolling process, the dough will be dense and tough. Some people prefer vodka to vinegar. "You just want a liquid that dissipates quickly. You want moisture but not water," Chef John says. "I'm not averse to it, but save the vodka for cocktails."*

## NO SUCH THING AS PERFECTION

> *"However the pie comes out, I just pretend that's how it was always supposed to come out."*
>
> – CHEF JOHN

**If it comes out too saucy, tell your guests you wanted the extra sauce for the ice cream you're serving with the pie. Likewise, if the crust is a bit crumbly or patchy, call it "rustic."**

## TO TOTE

Transport your pie in a plastic cake container with a dome top. "I wouldn't recommend just covering in plastic wrap and throwing it in the backseat with the kids. It's going to get crushed," Chef John says.

## APPLE OF HIS EYE

If Chef John has to bring one pie to a party, it's going to be apple. "You can't go wrong with apple pie. It's a foolproof filling, and it's going to travel well," he says. Branch out from the usual Granny Smith filling, too. "I'm a big fan of Honeycrisps. They're sweet and retain a nice texture when cooked."

## NO SOGGY BOTTOM

**Don't skip a blind bake. Some recipes call for baking the crust on its own (without filling), then adding the filling and baking more. "My failure pies have been because I skipped blind baking," Chef John says. "You want to give the crust a head start for certain types of pie. You'll get a soggy bottom if the filling takes less time to cook than the crust itself."**

## GOOD MEASURE

**To properly measure flour, spoon flour into the measuring cup, then level off the top. You don't need to tap the side of the cup, and you shouldn't scoop the flour directly with the measuring cup—you'll get too much flour. "When in doubt, erring on the side of less flour is better," Chef John says. "Too much can be harder to work with, and it'll result in a tough product, too. I'd rather have a too-moist dough over a crumbly, super-hard-to-work-with dough."**

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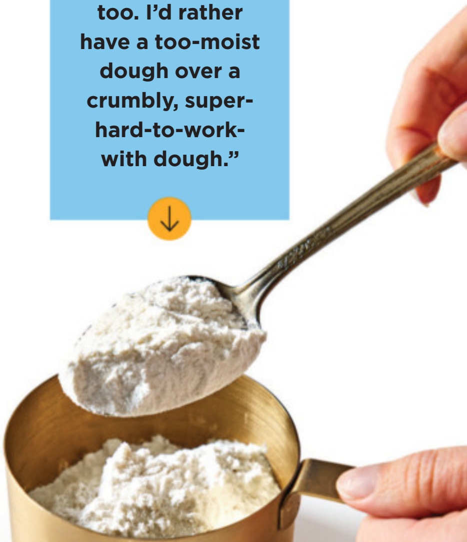


SCAN THE CODE TO VISIT CHEF JOHN'S "FOOD WISHES" YOUTUBE CHANNEL. HIS HOW-TO VIDEO SERIES HAS MORE THAN 2,000 VIDEOS AND 4.6 MILLION SUBSCRIBERS.

VANILLA
CAKE MIX COOKIES

# MIX IT UP

A BOX OF CAKE MIX IS THE SUPER-SIMPLE ROUTE TO MELT-IN-YOUR-MOUTH COOKIES. TRY IT WITH ALL KINDS OF CAKE FLAVORS. HERE ARE A FEW OF OUR FAVORITE COMBOS, OR FOLLOW THE BASIC FORMULA AND CREATE YOUR OWN COOKIE DESTINATION.

STRAWBERRY THUMBPRINT
CAKE MIX COOKIES

PHOTOS: JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

CHOCOLATE-CHOCOLATE CAKE MIX COOKIES

TURN THE PAGE FOR RECIPES.

CITRUS CRUSH CAKE MIX COOKIES

# VANILLA CAKE MIX COOKIES

**HANDS-ON** 15 MIN **TOTAL** 45 MIN
**MAKES** 4 DOZEN **SUBMITTED BY** HANNAH
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

**1 (15.25-oz.) pkg. (2-layer size) vanilla cake mix**
**½ cup vegetable oil**
**2 eggs**
**Vanilla Glaze (recipe, right)**

**1.** Preheat oven to 350°F. Stir together cake mix, oil, and eggs in a large bowl until mixture comes together as a dough. Roll dough into 48 (1-inch) balls; arrange 2 inches apart on ungreased cookie sheets.

**2.** Bake until lightly golden, 6 to 8 minutes. Cool cookies on cookie sheets 5 minutes, then transfer to a wire rack to cool completely. Drizzle with Vanilla Glaze. (Once glaze is set, cookies can be stored in an even layer in an airtight container at room temperature up to 3 days or frozen up to 3 months.)

PER 1 COOKIE: 73 CAL; 3G FAT (1G SAT); 0G PRO; 11G CARB (0G FIBER, 8G SUGARS); 75MG SODIUM

## VANILLA GLAZE

Whisk together 1½ cups **powdered sugar,** 2½ tsp. **whole milk,** 1 tsp. melted **butter,** ¼ tsp. **vanilla extract,** and ⅛ tsp. **salt** until smooth, adding additional milk, ½ tsp. at a time, to reach desired consistency. Makes 1 cup. (Store, covered, at room temperature up to 1 day. Stir before using.)

# CHOCOLATE-CHOCOLATE CAKE MIX COOKIES

**HANDS-ON** 15 MIN **TOTAL** 45 MIN
**MAKES** 4 DOZEN
**SUBMITTED BY** NICOLE IRWIN
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

*These soft-set cookies include a melty chocolate kiss center.*

**1 (15.25-oz.) pkg. (2-layer size) chocolate cake mix**
**½ cup vegetable oil**
**2 eggs**
**24 chocolate kisses (such as Hershey's), unwrapped**
**Chocolate Frosting (recipe, right)**

**1.** Preheat oven to 350°F. Stir together cake mix, oil, and eggs in a large bowl until mixture comes together as a dough. Roll dough into 48 (1-inch) balls. Press a chocolate kiss, with tip pointed down, into center of each, rolling dough to enclose kiss. Arrange 2 inches apart on ungreased cookie sheets.

**2.** Bake until edges are just set (cookies will be soft set), 6 to 8 minutes. Cool cookies on cookie sheets 5 minutes, then transfer to a wire rack to cool completely. Frost with Chocolate Frosting. (Once frosting is set, cookies can be stored in an even layer in an airtight container up to 3 days or frozen up to 3 months.)

PER 1 COOKIE: 91 CAL; 5G FAT (2G SAT); 1G PRO; 12G CARB (0G FIBER, 8G SUGARS); 81MG SODIUM

## CHOCOLATE FROSTING

Cook and stir 6 Tbsp. **cocoa powder** and 5 Tbsp. **butter** in a small saucepan over low heat until melted and smooth, about 5 minutes. Remove from heat. Stir in 1 cup **powdered sugar** and ¾ tsp. **vanilla extract.** Stir in up to 2 Tbsp. **hot water,** ½ tsp. at a time, until desired consistency. Makes 1 cup. (Store, covered, at room temperature up to 1 day. Stir before using.)

# BASIC CAKE MIX COOKIES

**HANDS-ON** 15 MIN
**TOTAL** 45 MIN
**MAKES** 4 DOZEN
**SUBMITTED BY** HANNAH

★★★★½ 1,035 REVIEWS

Preheat oven to 350°F. Stir together 1 (15.25-oz.) pkg. (2-layer) **desired-flavor cake mix,** ½ cup **vegetable oil,** and 2 **eggs** in a large bowl until mixture comes together as a dough. Roll dough into 1-inch balls; arrange 2 inches apart on ungreased cookie sheets. Bake until lightly golden or edges are just set (cookies will be soft set), 6 to 8 minutes. Cool cookies on cookie sheets 5 minutes, then transfer to a wire rack to cool completely. (Store cookies in an airtight container at room temperature up to 3 days or freeze up to 3 months.)

PER 1 COOKIE : 57 CAL; 3G FAT (1G SAT); 1G PRO; 7G CARB (0G FIBER, 4G SUGARS); 65MG SODIUM

# STRAWBERRY THUMBPRINT CAKE MIX COOKIES

**HANDS-ON** 25 MIN **TOTAL** 1 HR
**MAKES** 4 DOZEN
**SUBMITTED BY** NICOLE IRWIN
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

*For a quadruple burst of berry flavors, use strawberry cake mix, blackberry jam, and blueberry glaze, then sprinkle with crushed dried raspberries.*

**1 (15.25-oz.) pkg. (2-layer size) strawberry-flavor cake mix**
**½ cup vegetable oil**
**2 eggs**
**1 cup strawberry jam**
**Strawberry Glaze (recipe, right)**

**1.** Preheat oven to 350°F. Stir together cake mix, oil, and eggs in a large bowl until mixture comes together as a dough. Roll dough into 48 (1-inch) balls; arrange 2 inches apart on ungreased cookie sheets. Press center of each ball with your thumb to make an indentation about ½-inch deep.
**2.** Bake until edges are just set (cookies will be soft set), 6 to 8 minutes. Cool cookies on cookie sheets 5 minutes, then transfer to a wire rack to cool completely. When cool, press indentations again. Fill center of each indentation with 1 tsp. jam. Drizzle with Strawberry Glaze. (To make ahead, store unfilled and unglazed cookies in an airtight container at room temperature up to 3 days or freeze up to 3 months. Fill and glaze when ready to serve.)

PER 1 COOKIE: 78 CAL; 3G FAT (1G SAT); 1G PRO; 13G CARB (0G FIBER, 9G SUGARS); 79MG SODIUM

## STRAWBERRY GLAZE

Process 1 cup chopped **strawberries** in a food processor until smooth. Whisk 1¼ tsp. **cornstarch** and 1 Tbsp. **cold water** in a medium saucepan until cornstarch is dissolved. Add strawberry puree and 2 Tbsp. **sugar;** cook over medium heat, stirring constantly, until boiling and thickened. Remove from heat. Stir in 1 tsp. **butter** and ½ tsp. **lemon juice** until butter has melted. Cool before using. Makes ⅔ cup. (To store, transfer to an airtight container and chill up to 1 week. Stir before using.)

# CITRUS CRUSH CAKE MIX COOKIES

**HANDS-ON** 50 MIN **TOTAL** 1 HR, 50 MIN
**MAKES** 4 DOZEN
**SUBMITTED BY** JAELYN LUONG
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

**1 (15.25-oz.) pkg. (2-layer size) orange supreme cake mix**
**½ cup vegetable oil**
**2 eggs**
**Orange Glaze (recipe, below)**
**3 Tbsp. chopped Candied Orange Peel (recipe, right)**

**1.** Preheat oven to 350°F. Stir together cake mix, oil, and eggs in a large bowl until mixture comes together as a dough. Roll dough into 48 (1-inch) balls; arrange 2 inches apart on ungreased cookie sheets.
**2.** Bake until edges are just set (cookies will be soft set), 6 to 10 minutes. Cool cookies on cookie sheets 5 minutes, then transfer to a wire rack to cool completely. Spoon Orange Glaze on top of cookies and sprinkle with Candied Orange Peel. (Once glaze is set, cookies can be stored in an even layer in an airtight container up to 3 days or frozen up to 3 months.)

PER 1 COOKIE: 75 CAL; 3G FAT (0G SAT); 0G PRO; 12G CARB (0G FIBER, 8G SUGARS); 76MG SODIUM

## CANDIED ORANGE PEEL

Remove 8 (¼-inch-wide) strips orange zest from 1 scrubbed **orange;** place in a small saucepan and cover with water. Boil over high heat until softened, about 20 minutes; drain and set orange peels aside. In same saucepan, combine 1 cup **sugar** and ½ cup **water.** Bring to a boil over high heat; cook until mixture reaches thread stage (230°F). Stir in peels and reduce heat to medium; simmer, stirring frequently, 5 minutes. Using a slotted spoon, transfer peels to a plate; let cool slightly. Roll cooled peels in ¼ cup sugar. Arrange peels on parchment paper; let dry 1 to 2 hours. (To store, transfer to an airtight container and store in a cool, dry place up to 1 week or freeze up to 6 months.)

**ORANGE GLAZE** Whisk together 1 cup **powdered sugar,** 1 tsp. **orange zest,** and up to 2 Tbsp. **orange juice,** adding 1 Tbsp. at a time until desired consistency. Makes ¼ cup. (Store, covered, at room temperature up to 1 day. Stir before using.)

# START WITH

PANTRY AND FREEZER STAPLES LIKE LINGUINE, LEMON, SHRIMP, AND PEAS CREATE FOUR DISTINCT DISHES. SERVE UP LEMONY SOUP, BUTTERY SCAMPI, AND MORE WITH THESE QUICK-TO-FIX RECIPES.

PHOTOS: BRIE GOLDMAN; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: SUE MITCHELL

## Shrimp Scampi with Linguine

**HANDS-ON** 30 MIN **TOTAL** 30 MIN
**SERVES** 4 **SUBMITTED BY** JUSTJEN

★★★★★ 1,185 REVIEWS

**8 oz. linguine pasta**
**1½ cups frozen peas**
**2 Tbsp. butter**
**2 Tbsp. olive oil**
**2 medium shallots, finely diced (¼ cup)**
**2 medium cloves garlic, minced (2 tsp.)**
**¼ tsp. salt**
**Pinch of crushed red pepper (optional)**
**1 lb. frozen large shrimp (31-35/lb.), thawed, peeled, and deveined**
**Pinch of black pepper, plus more for garnish**
**¼ cup dry white wine or low-sodium chicken broth**
**2 Tbsp. lemon juice**
**¼ cup chopped fresh parsley**

**1.** Bring a large pot of lightly salted water to a boil. Cook pasta according to package directions, adding peas for last 1 minute of cooking time; drain.

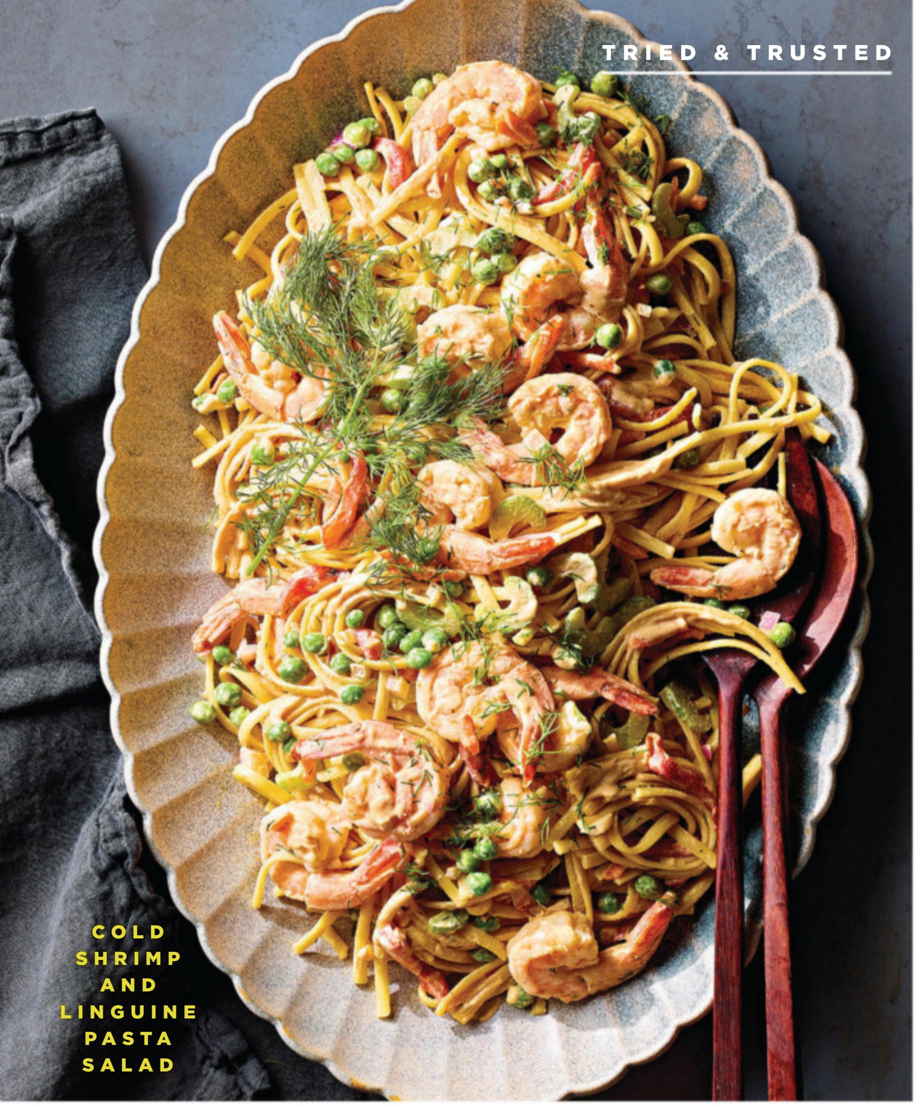
**2.** Melt 1 Tbsp. butter with 1 Tbsp. oil in a large skillet over medium heat. Add shallots, garlic, ⅛ tsp. salt, and the crushed red pepper (if using); cook and stir until shallots are translucent, 3 to 4 minutes.

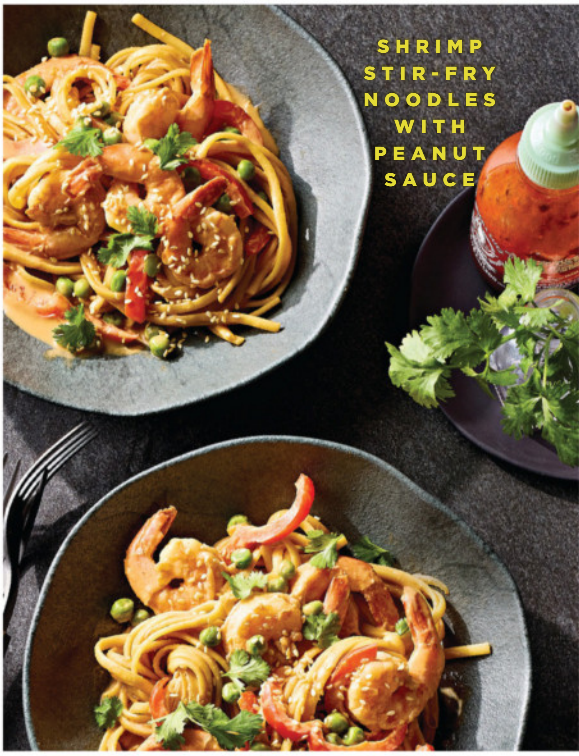
**3.** Season shrimp with black pepper and remaining ⅛ tsp. salt; add to skillet and cook until shrimp are opaque and cooked through, 2 to 3 minutes. Remove shrimp from skillet and keep warm.

**4.** Add wine and lemon juice to skillet; use a wooden spoon or spatula to scrape up any browned bits from bottom of skillet. Add 1 Tbsp. each butter and oil; cook until butter is melted. Add pasta, peas, cooked shrimp, and parsley; toss to coat. Garnish with additional pepper.

***HEALTHY*** ***QUICK***

PER 2 CUPS: 460 CAL; 15G FAT (5G SAT); 29G PRO; 53G CARB (5G FIBER, 6G SUGARS); 382MG SODIUM





# Cold Shrimp and Linguine Pasta Salad

**HANDS-ON** 15 MIN **TOTAL** 25 MIN
**SERVES** 6 **SUBMITTED BY** JULIANA HALE
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

| | |
|---|---|
| **12** | **oz. linguine pasta, broken into shorter lengths** |
| **1** | **lb. frozen large shrimp (31-35/lb.), thawed, peeled, and deveined** |
| **1** | **cup frozen peas** |
| **½** | **cup mayonnaise** |
| **2** | **Tbsp. Dijon mustard** |
| **1** | **tsp. lemon zest** |
| **1** | **Tbsp. lemon juice** |
| **1** | **Tbsp. chopped fresh dill, plus more for garnish** |
| **½** | **tsp. smoked paprika** |
| **¼** | **tsp. salt** |
| **⅔** | **cup roasted red peppers or piquanté peppers (such as Peppadew), cut into strips** |
| **1** | **medium carrot, coarsely shredded (½ cup)** |
| **½** | **cup finely chopped celery** |
| **3** | **Tbsp. finely chopped red onion** |

**1.** Bring a large pot of lightly salted water to a boil. Cook pasta according to package directions, adding shrimp and peas for last 3 minutes of cooking time. Drain in a colander. Rinse with cold water to cool quickly.
**2.** Meanwhile, whisk together mayonnaise, mustard, lemon zest, lemon juice, dill, smoked paprika, and salt in a large bowl.
**3.** Add pasta mixture, roasted red peppers, carrot, celery, and red onion. Toss to combine. Serve immediately or chill, covered up to 4 hours. Garnish with additional dill.

***HIDDEN GEM*** ***HEALTHY*** ***QUICK***

PER 1⅓ CUPS: 436 CAL; 15G FAT (2G SAT); 22G PRO; 52G CARB (4G FIBER, 5G SUGARS); 427MG SODIUM

# Shrimp Stir-Fry Noodles with Peanut Sauce

**HANDS-ON** 25 MIN **TOTAL** 25 MIN
**SERVES** 4 **SUBMITTED BY** JULIANA HALE
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

| | |
|---|---|
| **8** | **oz. linguine pasta** |
| **½** | **cup creamy peanut butter** |
| **2** | **Tbsp. less-sodium soy sauce** |
| **2** | **Tbsp. pure maple syrup** |
| **2** | **Tbsp. lemon juice** |
| **2** | **tsp. sriracha, plus more for serving** |
| **1** | **tsp. ground ginger** |
| **1** | **Tbsp. vegetable oil** |
| **1** | **medium onion, cut into thin wedges (1 cup)** |
| **1** | **red bell pepper, cut into bite-size strips** |
| **1** | **lb. frozen large shrimp (31-35/lb.), thawed, peeled, and deveined** |
| **1** | **cup frozen peas** |
| | **Fresh cilantro and/or toasted sesame seeds, for garnish** |

**1.** Bring a large pot of lightly salted water to a boil. Cook pasta according to package directions. Reserve ½ cup water; drain.
**2.** For peanut sauce, whisk together peanut butter, soy sauce, maple syrup, lemon juice, sriracha, ginger, and 2 Tbsp. pasta-cooking water.
**3.** Heat oil over medium-high heat in a very large skillet. Add onion and bell pepper. Cook and stir until softened, 4 minutes. Add shrimp and peas. Cook and stir until shrimp is opaque, 3 to 4 minutes.
**4.** Add pasta and peanut sauce to skillet. Toss to combine. Cook until heated through, 1 to 2 minutes, adding additional pasta water as needed to reach desired sauce consistency. Garnish with cilantro and/or sesame seeds. Serve with sriracha.

***HIDDEN GEM*** ***HEALTHY*** ***QUICK***

PER 1½ CUPS: 590 CAL; 22G FAT (4G SAT); 36G PRO; 67G CARB (6G FIBER, 16G SUGARS); 663MG SODIUM

# Shrimp Noodle Soup

**HANDS-ON** 25 MIN **TOTAL** 25 MIN
**SERVES** 4 **SUBMITTED BY** JULIANA HALE
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

| | |
|---|---|
| **1** | **Tbsp. vegetable oil** |
| **½** | **cup chopped onion** |
| **2** | **tsp. grated fresh ginger** |
| **2** | **cloves garlic, minced** |
| **2** | **Tbsp. lemon juice** |
| **4** | **cups low-sodium vegetable broth** |
| **2** | **Tbsp. less-sodium soy sauce** |
| **¼** | **tsp. crushed red pepper** |
| **4** | **oz. linguine pasta, broken into shorter lengths** |
| **1½** | **cups coarsely chopped baby bok choy** |
| **1** | **lb. frozen large shrimp (31-35/lb.), thawed, peeled, and deveined** |
| **1** | **cup frozen peas** |
| | **Chili crisp, for garnish** |

**1.** Heat oil in a large saucepan over medium heat. Add onion; cook, stirring occasionally, until tender, about 5 minutes. Add ginger and garlic; cook and stir until fragrant, 1 minute. Add lemon juice, then use a wooden spoon or spatula to scrape up any browned bits from bottom of pan.

**2.** Add broth, soy sauce, and crushed red pepper. Bring to boiling. Add pasta. Cook according to package directions, adding bok choy, shrimp, and peas for last 3 minutes of cooking time. Garnish with chili crisp.

PER 1⅓ CUPS: 278 CAL; 5G FAT (1G SAT); 26G PRO; 33G CARB (4G FIBER, 5G SUGARS); 595MG SODIUM

]

**SUBTLY SWEET**

*For a bit of extra sweetness and to tame tartness, replace half the cider vinegar with rice vinegar.*

# FLAVOR *on the fly*

**Amp up dishes with these bold condiments and sauces. Each requires minimal hands-on time and can be made ahead and stored for when you need last-minute gusto.**

PHOTO: KELSEY HANSEN; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: GABRIEL GRECO

↑

## Marinara Sauce

**HANDS-ON** 15 MIN
**TOTAL** 45 MIN
**MAKES** 4¼ CUPS
**SUBMITTED BY** JACKIE M.

★★★★★
2,183 REVIEWS

Combine 2 (14.5-oz.) cans **stewed tomatoes,** 1 (6-oz.) can **tomato paste,** ¼ cup chopped **fresh parsley,** 1 tsp. minced **fresh garlic,** 1 tsp. **dried oregano,** 1 tsp. **salt,** and ¼ tsp. **black pepper** in a food processor or blender; process until smooth. Heat 6 Tbsp. **olive oil** in a large saucepan over medium heat. Add ⅓ cup finely chopped **onion;** cook, stirring occasionally, until softened, about 2 minutes. Add ½ cup **dry white wine;** use a wooden spoon to scrape up any browned bits from bottom of saucepan. Add tomato mixture. Bring to a boil over high heat; reduce heat to low. Simmer, uncovered, stirring occasionally, until slightly thickened, about 30 minutes. (To store, chill, covered, up to 1 week. For longer storage, transfer to freezer containers; freeze up to 3 months.)

PER ¼ CUP: 96 CAL; 6G FAT (1G SAT); 1G PRO; 9G CARB (1G FIBER, 3G SUGARS); 300MG SODIUM

## Homemade Teriyaki Sauce

**HANDS-ON** 5 MIN **TOTAL** 15 MIN
**MAKES** 1 CUP
**SUBMITTED BY** 303LISSY

★★★★★ 39 REVIEWS

Whisk together ½ cup **sugar,** 1 Tbsp. **cornstarch,** 1½ tsp. **garlic powder,** ½ tsp. **onion powder,** and ½ tsp. **ground ginger** in a small saucepan. Add ½ cup **less-sodium soy sauce,** 3 Tbsp. **cider vinegar,** and 1 Tbsp. **water.** Whisk to combine. Cook over medium heat, whisking frequently, until bubbles start to appear, about 3 minutes. Reduce heat to low. Simmer, stirring frequently, until thickened, 5 to 10 minutes. (To store, chill, covered, up to 10 days.)

PER 2 TBSP.: 66 CAL; 0G FAT; 2G PRO; 15G CARB (0G FIBER, 13G SUGARS); 577MG SODIUM

ADD DEPTH

*For a more intense flavor, pour blended Barbecue Sauce into a small saucepan. Bring to a boil over medium heat and cook 1 minute.*

## Barbecue Sauce

**HANDS-ON** 5 MIN
**TOTAL** 5 MIN
**MAKES** 3½ CUPS
**SUBMITTED BY** JRNEUMILLER

★★★★½ 797 REVIEWS

Combine 1½ cups packed **brown sugar,** 1½ cups **ketchup,** ½ cup **red wine vinegar,** ½ cup **water,** 2 Tbsp. **mustard powder,** 1 Tbsp. **Worcestershire sauce,** 2 tsp. **paprika,** 2 tsp. **salt,** 1½ tsp. **black pepper,** and 2 dashes **hot sauce** in a blender; blend until smooth. (To store, transfer to a jar or airtight container; chill up to 2 months.)

PER 2 TBSP.: 68 CAL; 0G FAT; 1G PRO; 16G CARB (0G FIBER, 15G SUGARS); 311MG SODIUM

## Buffalo Wing Sauce

**HANDS-ON** 5 MIN
**TOTAL** 10 MIN
**MAKES** ¾ CUP
**SUBMITTED BY** CHEF JOHN

★★★★★
717 REVIEWS

Whisk together ½ cup **cayenne pepper hot sauce** (such as Frank's RedHot); ¼ cup **cold butter,** cut up; 1 Tbsp. **white vinegar;** 1 tsp. **Worcestershire sauce;** ¼ tsp. **cayenne pepper;** and ⅛ tsp. **garlic powder** in a small saucepan. Bring to a simmer over medium heat, whisking constantly, until butter is melted and sauce is smooth, about 3 minutes. (To store, chill, covered, up to 1 week.)

PER 1½ TBSP.: 52 CAL; 6G FAT (4G SAT); 0G PRO; 0G CARB; 625MG SODIUM

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TO SAVOR RIGHT NOW
↓

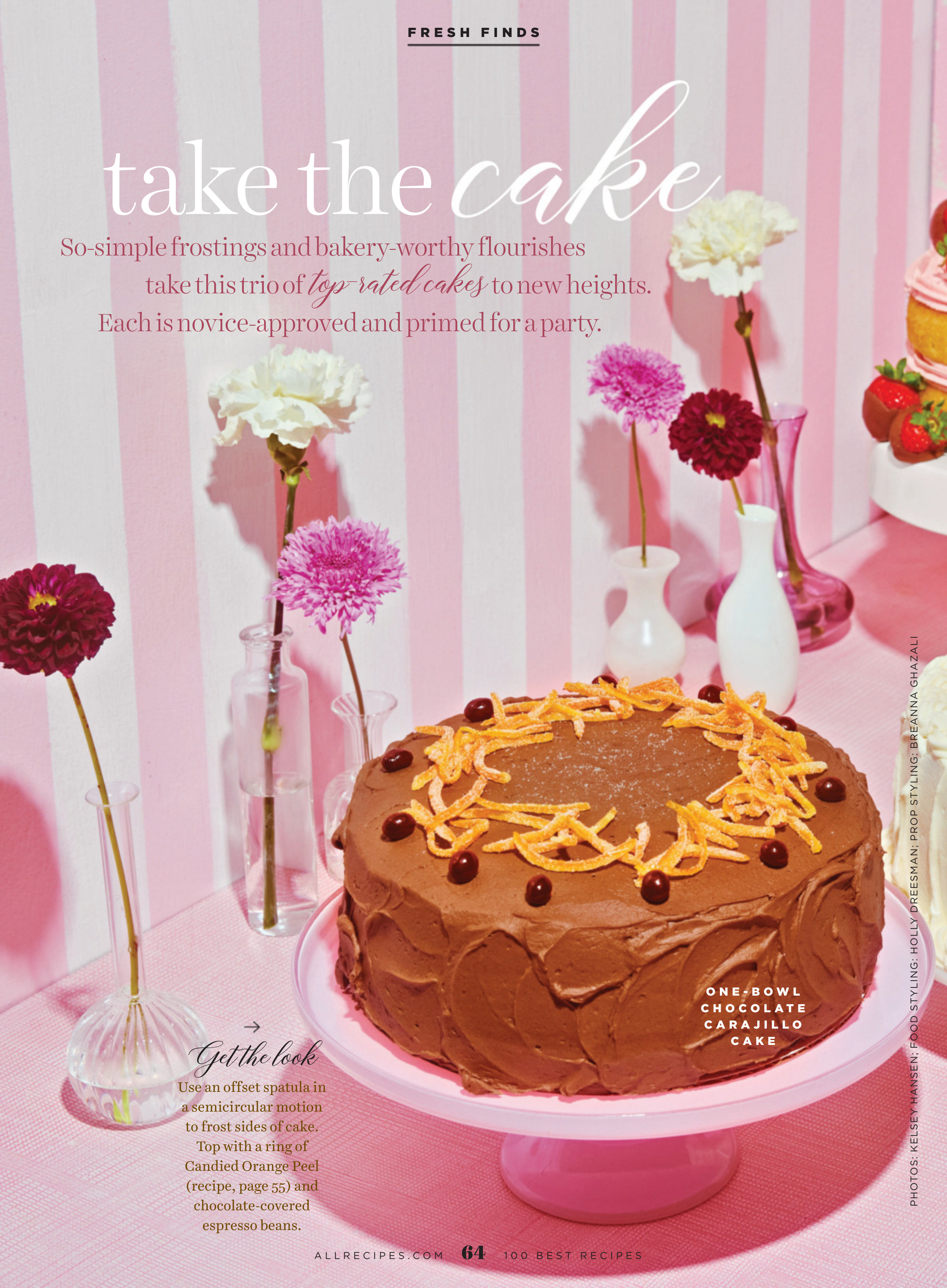
# fresh finds

PHOTO: KELSEY HANSEN; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: BREANNA GHAZALI

TAKE THE CAKE *p. 64* TOP TATERS *p. 68* ISLAND AT THE BAR *p. 74*
SECRET INGREDIENT: HONEY MUSTARD *p. 78* OUT OF THE BOX *p. 81*

# take the *cake*

So-simple frostings and bakery-worthy flourishes take this trio of *top-rated cakes* to new heights. Each is novice-approved and primed for a party.



**ONE-BOWL CHOCOLATE CARAJILLO CAKE**

→

### *Get the look*

Use an offset spatula in a semicircular motion to frost sides of cake. Top with a ring of Candied Orange Peel (recipe, page 55) and chocolate-covered espresso beans.

PHOTOS: KELSEY HANSEN; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: BREANNA GHAZALI

*Get the look*

Use a pastry bag fitted with a large star tip to frost edge of middle layer and top of cake. Arrange Chocolate-Covered Strawberries (recipe, page 66) on top.

←

**STRAWBERRY-FROSTED SIMPLE WHITE CAKE**

*p. 66*

**BEST CARROT CAKE EVER**

*p. 67*

↑

*Get the look*

Use an offset spatula and drag frosting down sides to frost sides of cake. Then use a pastry bag fitted with a large star tip to edge the top and base of cake. Finish it off with Marzipan Candy Carrots (recipe, page 67).

## One-Bowl Chocolate Carajillo Cake

**HANDS-ON** 20 MIN
**TOTAL** 1 HR, 50 MIN
**SERVES** 12
**SUBMITTED BY** JULIANA HALE
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

*Inspired by the carajillo cocktail, we added Licor 43 to shirleyo's popular One-Bowl Chocolate Cake recipe, then topped it off with espresso-chocolate frosting and candied orange peel.*

| | |
|---|---|
| **2** | **cups sugar** |
| **1¾** | **cups flour** |
| **¾** | **cup unsweetened cocoa powder** |
| **1½** | **tsp. baking powder** |
| **1½** | **tsp. baking soda** |
| **1** | **tsp. salt** |
| **1** | **cup whole milk** |
| **2** | **eggs** |
| **½** | **cup vegetable oil** |
| **2** | **Tbsp. Licor 43 or Kahlúa** |
| **2** | **tsp. vanilla extract** |
| **1½** | **tsp. orange zest** |
| **1** | **cup boiling water** |
| | **Creamy Chocolate-Espresso Frosting (recipe, right)** |
| | **Candied Orange Peel, roughly chopped (recipe, page 55)** |
| | **Chocolate-covered espresso beans** |

**1.** Preheat oven to 350°F. Grease 2 (9-inch) round cake pans; line bottoms of pans with parchment paper.
**2.** Stir together sugar, flour, cocoa, baking powder, baking soda, and salt in a large bowl.
**3.** Add milk, eggs, oil, Licor 43, vanilla, and orange zest; mix with an electric mixer at low speed 2 minutes. Whisk in boiling water. (Batter will be very thin.) Pour batter into prepared pans.
**4.** Bake until a toothpick inserted in centers comes out clean, 30 to 35 minutes. Cool cakes completely in pans on wire racks, about 1 hour. Remove cakes from pans. If needed, trim cake tops with a bread knife to level. (See "Make Ahead," above right.)
**5.** Arrange 1 cooled cake layer on a cake plate; spread top with 1 cup Creamy Chocolate-Espresso Frosting. Top with second cake layer and spread with 1 cup frosting. Frost exterior of cake with 2 cups frosting. Decorate the top with Candied Orange Peel and chocolate-covered espresso beans.

***HIDDEN GEM***

PER 1 SLICE: 673 CAL; 25G FAT (10G SAT); 7G PRO; 113G CARB (5G FIBER, 91G SUGARS); 640MG SODIUM

**MAKE AHEAD**

Wrap each cooled layer in plastic wrap and freeze up to 3 months. Frozen layers are easier to frost and stack.

## Creamy Chocolate-Espresso Frosting

**HANDS-ON** 15 MIN **TOTAL** 15 MIN
**MAKES** 4 CUPS
**SUBMITTED BY** TRACY LARSEN

★★★★★ 1,964 REVIEWS

*Espresso powder not only adds coffee notes to this carajillo cake, but it also deepens the chocolate flavor.*

| | |
|---|---|
| **5½** | **cups powdered sugar** |
| **¾** | **cup unsweetened cocoa powder** |
| **½** | **tsp. salt** |
| **¾** | **cup butter, at room temperature** |
| **1** | **(5-oz.) can evaporated milk** |
| **1** | **Tbsp. instant espresso coffee powder** |
| **2** | **tsp. vanilla extract** |

**1.** Sift powdered sugar and cocoa into a large bowl; add salt.
**2.** In another large bowl, beat butter with an electric mixer at medium speed until smooth and fluffy.
**3.** Stir together evaporated milk, espresso powder, and vanilla in a measuring cup until espresso powder is dissolved.
**4.** Gradually mix powdered sugar mixture into butter alternately with evaporated milk mixture until well combined. Beat mixture at high speed until light and fluffy.

***QUICK*** ***GLUTEN-FREE***

PER ⅓ CUP: 130 CAL; 5G FAT (3G SAT); 1G PRO; 23G CARB (1G FIBER, 21G SUGARS); 77MG SODIUM

## Strawberry-Frosted Simple White Cake

***(pictured on p. 65)***

**HANDS-ON** 20 MIN
**TOTAL** 1 HR, 50 MIN
**SERVES** 12
**SUBMITTED BY** SCOTTOSMAN

★★★★⯪ 3,449 REVIEWS

*We scaled Scottosman's original Simple White Cake recipe to create two layers. Then we added freeze-dried strawberry powder to the frosting and decorated with chocolate-covered strawberries.*

**2 cups sugar**
**1 cup butter, softened**
**4 eggs**
**4 tsp. vanilla extract**
**3 cups flour**
**3½ tsp. baking powder**
**1 cup milk**
**Almost-Professional Strawberry-Buttercream Frosting (recipe, far right)**
**Chocolate-Covered Strawberries, for garnish (recipe, above right)**

**1.** Preheat oven to 350°F. Lightly grease bottoms of 2 (9-inch) round cake pans. Line bottoms of pans with parchment or wax paper. Grease and lightly flour parchment and sides of pans.
**2.** Beat together sugar and butter in a large bowl with an electric mixer at medium speed until light in color and fluffy, 2 to 3 minutes. Beat in eggs, one at a time. Mix in vanilla.
**3.** In a medium bowl, stir together flour and baking powder. Alternately add flour mixture and milk to sugar mixture, briefly beating mixture after each addition. Spread batter evenly in prepared pans.
**4.** Bake cakes until a toothpick inserted into centers comes out clean, 25 to 30 minutes.
**5.** Cool cakes in pans on wire racks 15 minutes. Turn cakes out onto racks, and let cool completely. If needed, trim cake tops with a bread knife to level. (See "Make Ahead," page 65.)
**6.** Arrange 1 cooled cake layer on a cake plate; spread top with ½ cup Almost-Professional Strawberry-Buttercream Frosting. Top with second cake layer and spread with 1 cup frosting. Garnish with Chocolate-Covered Strawberries. (To store, chill frosted cake, covered, up to 3 days.)

PER 1 SLICE: 569 CAL; 26G FAT (16G SAT); 6G PRO; 79G CARB (1G FIBER, 55G SUGARS); 360MG SODIUM

## Chocolate-Covered Strawberries

**HANDS-ON** 10 MIN **TOTAL** 1 HR
**SERVES** 24 **SUBMITTED BY** KITTEN

★★★★★ 914 REVIEWS

Melt 1 (11.5-oz.) pkg. **milk chocolate chips** and 1 Tbsp. **vegetable shortening** in a double boiler over medium-low heat, stirring occasionally, until smooth, 5 to 8 minutes. Remove from heat. Holding 1 **strawberry** by stem and/or leaves, dip into chocolate mixture (if needed, insert a toothpick in stem end for easier dipping). Transfer dipped strawberry to a sheet of wax paper. Repeat with desired number of strawberries (we suggest about 1 lb. strawberries). Let chocolate coating cool completely, about 45 minutes (see "Cool It," below).

***GLUTEN-FREE***

PER 1 DIPPED STRAWBERRY: 83 CAL; 5G FAT (3G SAT); 1G PRO; 10G CARB (1G FIBER, 8G SUGARS); 11MG SODIUM

**COOL IT** If you are working in a warm kitchen, the chocolate coating may take longer to cool. Alternatively, you can place the strawberries on a wax paper-lined baking sheet and chill 30 minutes.

## Berry Powder

Finely grind 1 cup freeze-dried strawberries in a small food processor. If you like, sift through a fine-mesh sieve to remove any seeds. Makes about ¼ cup.

↓

## Almost-Professional Strawberry-Buttercream Frosting

**HANDS-ON** 10 MIN **TOTAL** 10 MIN
**MAKES** 3 CUPS
**SUBMITTED BY** XOSHADYXO

★★★★⯪ 1,851 REVIEWS

Beat 1 cup room-temperature **butter** in a large bowl with an electric mixer at medium-high speed until smooth and fluffy, about 3 minutes. Sift 4 cups **powdered sugar;** gradually beat into butter until incorporated. Beat in ¼ cup **whole milk** and 1 Tbsp. **vanilla extract.** Beat in 8 to 12 tsp. **freeze-dried strawberry powder** (tip, above) until smooth and desired color.

***QUICK*** ***GLUTEN-FREE***

PER 2 TBSP: 149 CAL; 8G FAT (5G SAT); 0G PRO; 20G CARB (0G FIBER, 20G SUGARS); 62MG SODIUM

## Best Carrot Cake Ever

***(pictured on p. 65)***

**HANDS-ON** 25 MIN
**TOTAL** 4 HR, 20 MIN
**SERVES** 12 **SUBMITTED BY** NAN

★★★★★ 1,641 REVIEWS

*Shredded carrot macerates in brown sugar, drawing liquid out of the carrots and making this cake ultratender.*

- **18 oz. carrots, trimmed and coarsely shredded (6 cups)**
- **1 cup packed brown sugar**
- **1 cup raisins**
- **4 eggs**
- **1½ cups white sugar**
- **1 cup vegetable oil**
- **2 tsp. vanilla extract**
- **1 (8-oz.) can crushed pineapple, drained**
- **3 cups flour**
- **4 tsp. cinnamon**
- **1½ tsp. baking soda**
- **1 tsp. salt**
- **1 cup chopped walnuts**
- **Cream Cheese Frosting (recipe, right)**
- **Marzipan Candy Carrots (recipe, above right) (optional)**

**1.** Stir together carrots and brown sugar in a medium bowl. Let stand, covered, 1 hour. Stir in raisins.

**2.** Preheat oven to 350°F. Grease and flour 2 (9-inch) round cake pans. Beat eggs in a large bowl with an electric mixer at medium speed until lightened in color. Gradually beat in white sugar, oil, and vanilla. Stir in pineapple.

**3.** In another large bowl, stir together flour, cinnamon, baking soda, and salt. Stir egg mixture into flour mixture until combined. Stir in carrot mixture (including liquid) and walnuts. Pour evenly into prepared pans.

**4.** Bake until a toothpick inserted into centers comes out clean, 45 to 50 minutes.

**5.** Cool 10 minutes in pans. Turn cakes out onto wire racks and let cool completely, about 2 hours. If needed, trim cake tops with a bread knife to level. (See "Make Ahead," page 65.)

**6.** Arrange 1 cooled cake layer on a cake plate; spread top with ¾ cup to 1 cup Cream Cheese Frosting. Top with second cake layer and frost exterior with the remaining frosting. Top with Marzipan Candy Carrots, if using.

PER 1 SLICE: 903 CAL; 41G FAT (11G SAT); 9G PRO; 129G CARB (4G FIBER, 97G SUGARS); 533MG SODIUM

## Marzipan Candy Carrots

**HANDS-ON** 30 MIN
**TOTAL** 1 HR, 30 MIN
**MAKES** 1 LB. MARZIPAN
**SUBMITTED BY** DARLING975

★★★★★ 26 REVIEWS

- **8 cups almond paste, broken into small pieces**
- **2 cups powdered sugar, or more as needed**
- **¼ cup corn syrup**
- **Orange gel food coloring**
- **Fresh parsley, stems trimmed as needed**

**1.** Place almond paste pieces and 1 cup powdered sugar in a medium bowl. Using clean hands, mix together until combined. (It will be crumbly.) Add ¾ cup powdered sugar and continue to mix with clean hands until combined. Add corn syrup and mix with clean hands until evenly blended.

**2.** Spread remaining ¼ cup powdered sugar on a clean work surface. Turn out marzipan dough onto surface and knead until smooth and uniform, 3 to 5 minutes. If it seems too sticky, knead in more sugar. Wrap dough in plastic wrap and chill until consistency of modeling dough, about 1 hour.

**3.** Break off small pieces of marzipan, kneading in food coloring thoroughly until desired color. Blend colored pieces into larger portions of dough. Dust a clean work surface with powdered sugar.

**4.** Break off 2- to 3-inch pieces and roll with clean hands on counter into tapered ovals (see "Freeze Up," below). Transfer to a wax paper-lined baking sheet. Gently press a toothpick into sides of carrots to form horizontal lines. Freeze until firm, 5 to 10 minutes. Poke a skewer into each carrot top to create a hole; insert skewers into carrot bottoms and insert into cake. Insert parsley into carrot-top holes. (To store any leftover marzipan, wrap tightly in plastic wrap; transfer to an airtight container and chill or freeze up to 6 months.)

***GLUTEN-FREE*** ***VEGAN***

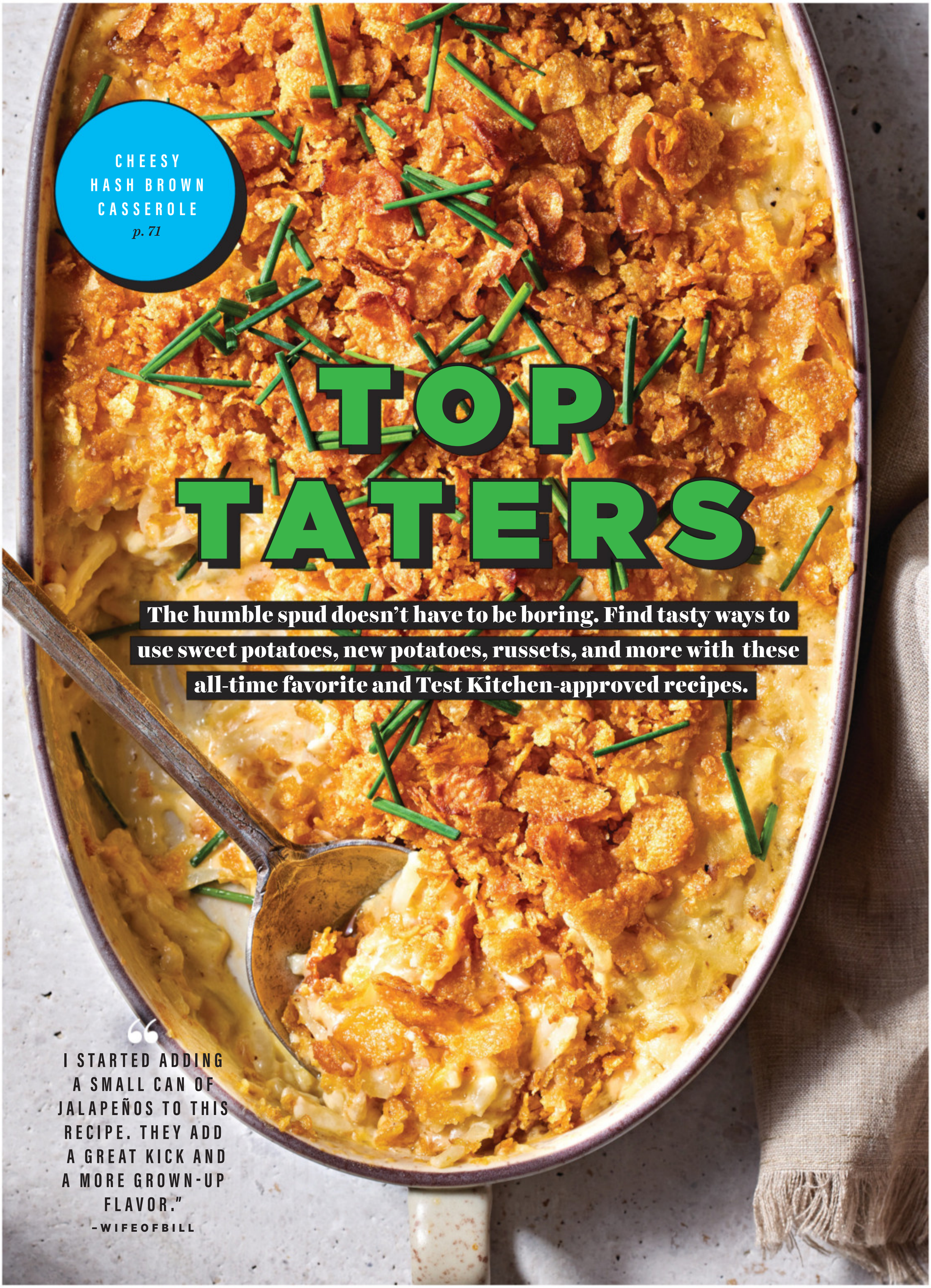
PER 2 TBSP.: 125 CAL; 6G FAT (4G SAT); 1G PRO; 18G CARB (0G FIBER, 17G SUGARS); 52MG SODIUM

**FREEZE UP** Marzipan softens quickly. Pop it back into the freezer to make it easier to work with.

## *Cream Cheese Frosting*

Beat together 1 (8-oz.) pkg. **cream cheese,** softened; ½ cup **salted butter,** softened; and 2 tsp. **vanilla extract** in a large bowl with an electric mixer at medium speed until light and creamy. Gradually beat in 4 cups **powdered sugar** until smooth.

PER 2 TBSP.: 125 CAL; 6G FAT (4G SAT); 1G PRO; 18G CARB (0G FIBER, 17G SUGARS); 52MG SODIUM



CHEESY HASH BROWN CASSEROLE
*p. 71*

# TOP TATERS

**The humble spud doesn’t have to be boring. Find tasty ways to use sweet potatoes, new potatoes, russets, and more with these all-time favorite and Test Kitchen-approved recipes.**

> “I STARTED ADDING A SMALL CAN OF JALAPEÑOS TO THIS RECIPE. THEY ADD A GREAT KICK AND A MORE GROWN-UP FLAVOR.”
>
> –WIFEOFBILL

# Air Fryer Potato Wedges

**HANDS-ON** 5 MIN
**TOTAL** 20 MIN **SERVES** 4
**SUBMITTED BY** NICOLE RUSSELL

★★★★★ 158 REVIEWS

| | |
|---|---|
| **2** | **medium russet potatoes** |
| **1** | **Tbsp. olive oil** |
| **½** | **tsp. paprika** |
| **½** | **tsp. dried parsley** |
| **½** | **tsp. chili powder** |
| **½** | **tsp. kosher salt** |
| **⅛** | **tsp. black pepper** |
| | **Ketchup and/or honey mustard, for serving** |
| | **Chopped fresh parsley, for garnish** |

**1.** Preheat an air fryer to 400°F. Cut each potato in half lengthwise. Cut each half into 8 (½-inch-thick) wedges. (You'll get 32 wedges total.)

**2.** Put wedges in a large bowl. Add oil, paprika, parsley, chili powder, salt, and pepper; toss until wedges are well coated.

**3.** Line air fryer basket with parchment paper. Arrange half of wedges in an even layer about 1 inch apart in basket. Cook until lightly browned, 10 minutes. Turn wedges and cook until browned, 5 minutes more. Transfer to a plate; cover to keep warm. Repeat with remaining wedges. Serve warm with ketchup and/or honey mustard. Garnish with parsley.

*QUICK* *GLUTEN-FREE* *VEGAN*

PER 8 WEDGES: 116 CAL; 4G FAT (1G SAT); 2G PRO; 20G CARB (2G FIBER, 1G SUGARS); 311MG SODIUM

CRISPY STEAK FRIES GET A SO-SIMPLE SEASONING MIX THAT ADDS BOLD FLAVOR WITH LITTLE LIFT. PREHEAT YOUR AIR FRYER BEFORE COOKING FOR THE BEST RESULTS.

PHOTOS: CARSON DOWNING; FOOD STYLING: ANNIE PROBST; PROP STYLING: JOSEPH WANEK

## Mashed Purple Sweet Potatoes

**HANDS-ON** 10 MIN
**TOTAL** 55 MIN **SERVES** 6
**SUBMITTED BY** CRYSTAL SANDERS

★★★★★ 4 REVIEWS

*Purple sweet potatoes are slightly less sweet than their orange counterparts. If you can't find them, you can substitute regular sweet potatoes.*

- 3 **medium purple sweet potatoes (1½ lb.)**
- 1 **cup canned unsweetened light coconut milk**
- 2 **Tbsp. lime juice (from 1 medium), plus zest for garnish and wedges for serving**
- ¼ **tsp. table salt**
- ¼ **tsp. black pepper**
- **Chopped fresh cilantro, for garnish**
- **Flaky salt, for garnish**

**1.** Preheat oven to 375°F. Poke holes all over sweet potatoes with a fork. Arrange on a 10x15-inch rimmed baking sheet. Bake until potatoes are easily pierced with a knife and very tender, 45 to 55 minutes.
**2.** Let potatoes cool slightly, then cut in half crosswise. Scoop flesh into a large bowl (discard skins). Add coconut milk, lime juice, table salt, and pepper. Mix with an electric mixer at medium speed until smooth. Garnish with lime zest, cilantro, and flaky salt. Serve with lime wedges.

*HEALTHY* *GLUTEN-FREE* *VEGAN*

PER ⅔ CUP: 123 CAL; 3G FAT (2G SAT); 2G PRO; 27G CARB (4G FIBER, 4G SUGARS); 166MG SODIUM

## Air Fryer Baked Potatoes

**HANDS-ON** 5 MIN
**TOTAL** 45 MIN **SERVES** 4
**SUBMITTED BY** TAYLERAND20

★★★★☆ 72 REVIEWS

*This air fryer method creates ultracrispy potato skins. Air fryers vary, so adjust timings as needed for this recipe.*

- 2 **Tbsp. olive oil**
- ½ **tsp. salt**
- ½ **tsp. black pepper**
- ½ **tsp. garlic powder**
- ½ **tsp. dried parsley**
- 4 **large russet potatoes**
- 4 **Tbsp. Garlic Butter (recipe, right)**
- **Finely chopped fresh chives, for garnish**

**1.** Stir together oil, salt, pepper, garlic powder, and parsley in a small bowl. Prick potatoes all over with a fork. Brush potatoes with oil mixture.
**2.** Arrange potatoes in an even layer in air fryer basket. Cook at 400°F, turning halfway through, until soft, 40 to 50 minutes.
**3.** Slice potatoes open lengthwise. Top each potato with 1 Tbsp. Garlic Butter. Garnish with chives.

*VEGETARIAN* *GLUTEN-FREE*

PER 1 POTATO: 471 CAL; 20G FAT (9G SAT); 9G PRO; 68G CARB (5G FIBER, 2G SUGARS); 498MG SODIUM

## GARLIC BUTTER

Stir together 1 cup softened **butter,** ½ cup grated **Parmesan cheese,** and 1 Tbsp. minced **fresh garlic** in a medium bowl. Add 1 tsp. each **garlic salt** and **Italian seasoning,** ½ tsp. **black pepper,** and ¼ tsp. **paprika;** stir until smooth and combined. (To store, chill, covered, up to 1 week. To freeze, portion butter into an ice cube tray; freeze until solid, then transfer to a freezer bag and freeze up to 3 months.)

PER 1 TBSP.: 118 CAL; 13G FAT (8G SAT); 1G PRO; 1G CARB (0G FIBER, 0G SUGARS); 188MG SODIUM

> "THE BEST BAKED POTATOES I HAVE EVER HAD. THE INSIDE WAS SOFT, AND THE SKIN WAS CRISPY."
>
> –FAIRKALE1547

CREAMY AU GRATIN POTATOES

## Creamy Au Gratin Potatoes

**HANDS-ON** 25 MIN
**TOTAL** 1 HR, 45 MIN **SERVES** 6
**SUBMITTED BY** CATHY MARTIN

★★★★★ 4,644 REVIEWS

**4 large baking potatoes (about 2 lb.), peeled and sliced ¼ inch thick**
**¾ tsp. salt**
**¼ tsp. black pepper, plus more for garnish**
**1 medium onion, sliced crosswise into ¼-inch-thick rings (1 cup)**
**3 Tbsp. unsalted butter, cut into 3 pieces**
**3 Tbsp. flour**
**2 cups whole milk**
**1½ cups shredded cheddar cheese (6 oz.)**
**Snipped fresh thyme, for garnish**

**1.** Preheat oven to 400°F. Coat a 2½- to 3-qt. shallow baking dish with cooking spray. Coat a sheet of foil with cooking spray.

**2.** Layer half of potatoes on bottom of prepared baking dish. Sprinkle with ⅛ tsp. each salt and pepper. Top with onion rings and remaining potatoes. Sprinkle with ⅛ tsp. salt and remaining ⅛ tsp. pepper.

**3.** Melt butter in a medium saucepan over medium heat. Whisk in flour and remaining ½ tsp. salt; cook, stirring constantly, 1 minute. Increase heat to medium-high and stir in milk. Bring to a boil, whisking constantly. Reduce heat to medium; simmer, whisking constantly, 1 minute. Remove pan from heat. Stir in cheese, ½ cup at a time, until melted. Pour cheese mixture evenly over potatoes in dish. Cover with prepared foil, sprayed-side down.

**4.** Bake, covered, 1 hour. Uncover and bake until potatoes are tender, about 20 minutes more. Garnish with thyme and/or additional pepper.

***VEGETARIAN***

PER ½ CUP: 329 CAL; 18G FAT (11G SAT); 12G PRO; 31G CARB (2G FIBER, 6G SUGARS); 563MG SODIUM

## Cheesy Hash Brown Casserole

*(pictured on p. 68)*

**HANDS-ON** 15 MIN
**TOTAL** 1 HR, 10 MIN
**SERVES** 12 **SUBMITTED BY** CMANSKY

★★★★⯪ 1,217 REVIEWS

**2 cups shredded cheddar cheese (8 oz.)**
**1 (10.5-oz.) can condensed cream of chicken soup**
**1 (8-oz.) container sour cream**
**¾ cup unsalted butter, melted**
**½ cup finely chopped onion (1 small)**
**½ tsp. salt**
**½ tsp. black pepper**
**1 (30-oz.) pkg. frozen shredded hash brown potatoes, thawed**
**2 cups crushed cornflakes (4 oz.) (see "Crush It," right)**
**Chopped fresh chives, for garnish**

> "THIS RECIPE IS AWESOME. I SPRINKLED WITH BACON BITS JUST BEFORE SERVING."
>
> -OLE BATH

**1.** Preheat oven to 350°F. Grease a 9x13-inch baking dish.

**2.** Stir together cheese, condensed soup, sour cream, ½ cup melted butter, the onion, salt, and pepper in a large bowl. Fold in hash browns. Transfer mixture to prepared dish.

**3.** Combine cornflakes and remaining ¼ cup melted butter in a small bowl. Sprinkle mixture evenly over casserole.

**4.** Bake until browned and bubbly, about 40 minutes, covering with foil the last 10 minutes, if needed, to prevent overbrowning. Let stand 15 minutes before serving. Garnish with chives.

PER ¾ CUP: 336 CAL; 24G FAT (13G SAT); 8G PRO; 25G CARB (1G FIBER, 3G SUGARS); 551MG SODIUM

### MAKE AHEAD

Prepare through Step 2. Chill, covered, up to 3 days. Continue as directed in Step 3.

### CRUSH IT

You'll need about 4 cups cornflakes to make 2 cups crushed cornflakes.

## Yummy Sweet Potato Casserole

**HANDS-ON** 20 MIN **TOTAL** 1 HR
**SERVES** 12 **SUBMITTED BY** TINA B

★★★★★ 3,057 REVIEWS

**For Sweet Potatoes**
- **2 large sweet potatoes, peeled and cubed (4 cups)**
- **½ cup sugar**
- **½ cup whole milk**
- **¼ cup unsalted butter, softened**
- **½ tsp. salt**
- **½ tsp. vanilla extract**
- **2 eggs, lightly beaten**

**For Topper**
- **½ cup packed brown sugar**
- **⅓ cup flour**
- **3 Tbsp. unsalted butter, softened**
- **½ cup chopped pecans**

**Cook Sweet Potatoes**

**1.** Preheat oven to 350°F. Put sweet potatoes in a large pot; add enough salted water to cover by 2 inches. Bring to a boil over high heat; reduce heat to medium. Simmer, stirring occasionally, until tender, 12 to 15 minutes. Drain; transfer potatoes to a large bowl.

**2.** Mix drained potatoes with an electric mixer at low speed until smooth. Add sugar, milk, butter, salt, and vanilla; mix until well combined. Add eggs; mix until smooth. Transfer to a 2-qt. baking dish.

**Make Topper**

**3.** Stir together brown sugar and flour in a medium bowl. Cut in butter with a pastry blender until mixture is coarse and pieces are pea-size (do not overmix). Stir in pecans. Sprinkle topping over sweet potato mixture.

**4.** Bake until sweet potatoes are heated through and topping is golden brown, 25 to 30 minutes.

***VEGETARIAN***

PER ½ CUP: 210 CAL; 11G FAT (5G SAT); 3G PRO; 26G CARB (1G FIBER, 20G SUGARS); 177MG SODIUM

> "I'VE MADE THIS SEVERAL TIMES AND IT'S ALWAYS GREAT. I LEAVE THE PEEL ON AND BAKE THE SWEET POTATOES IN THE AIR FRYER AHEAD OF TIME, THEN BAKE THE CASSEROLE THE DAY I NEED IT."
>
> –KERRAZY4U

PHOTO (SWEET POTATO CASSEROLE): BRIE GOLDMAN; FOOD STYLING: SAMMY MILA; PROP STYLING: SUE MITCHELL

# Homemade Crispy Hash Browns

**HANDS-ON** 10 MIN
**TOTAL** 20 MIN **SERVES** 4
**SUBMITTED BY** EMILY BRUNE

★★★★⯨ 960 REVIEWS

*Make sure the oil is very hot before frying. To see if it's ready, put a couple of potato shreds in the oil; if they sizzle, the oil is hot enough to start cooking.*

| | |
|---|---|
| **2** | **medium russet potatoes, peeled and shredded (2 cups)** |
| **1** | **egg** |
| **½** | **tsp. salt** |
| **¼** | **tsp. black pepper** |
| **1** | **small onion, finely chopped (½ cup)** |
| **¼** | **cup flour** |
| | **Vegetable oil, for frying** |

**1.** Rinse shredded potatoes in a colander until water runs clear. Drain and transfer to a clean kitchen towel; gather towel and twist to squeeze out excess water.

**2.** Beat together egg, salt, and pepper in a medium bowl. Add potatoes, onion, and flour; stir until combined. Shape mixture into 4 oval hash browns (about 4 inches long and ½ inch thick) on a sheet of wax paper. (They will be loose at this point, but will hold together well as they cook.)

**3.** Heat about ¼ inch oil in a large heavy skillet over medium-high heat. (You'll need about ½ cup oil.) Use a spatula to transfer hash browns to skillet. Cook, turning halfway through, until browned, about 10 minutes. Transfer to a paper towel-lined plate to drain. Let cool slightly before serving. (To freeze cooked hash browns, cool completely, then place in a freezer container, separated by sheets of wax paper or parchment. To reheat, place frozen hash browns on a baking sheet. Bake in a 350°F oven, turning once, 10 to 15 minutes. Or air-fry at 400°F, turning once, 5 to 7 minutes.)

***QUICK*** ***VEGETARIAN***

PER 1 HASH BROWN: 198 CAL; 10G FAT (1G SAT); 4G PRO; 24G CARB (2G FIBER, 1G SUGARS); 309MG SODIUM

> “DELICIOUS. MY WHOLE FAMILY IS NUTS FOR BACON, SO I DOUBLED THE BACON AND IT TURNED OUT GREAT!”
>
> –LOWDOUGH

# Authentic German Potato Salad

**HANDS-ON** 35 MIN **TOTAL** 35 MIN
**SERVES** 7 **SUBMITTED BY** ANGELA LOUISE MILLER

★★★★★ 1,307 REVIEWS

*This tangy, sweet potluck dish with bits of salty bacon will be a hit at your next gathering.*

| | |
|---|---|
| **1¼** | **lb. tiny gold and/or red new potatoes, halved (3 cups)** |
| **4** | **slices bacon** |
| **1** | **small onion, chopped (½ cup)** |
| **¼** | **cup white vinegar** |
| **2** | **Tbsp. water** |
| **1** | **to 2 Tbsp. sugar** |
| **½** | **tsp. salt** |
| **⅛** | **tsp. black pepper** |
| **1** | **Tbsp. chopped fresh parsley, plus more for garnish** |

**1.** Put potatoes in a large pot; add enough salted water to cover potatoes by 2 inches. Bring to a boil over high heat; reduce heat to medium. Simmer, stirring occasionally, until tender, 12 to 15 minutes; drain.

**2.** Meanwhile, cook bacon, turning occasionally, in a large deep skillet over medium-high heat until browned and crisp, 7 minutes. Remove bacon from skillet and drain on a paper towel-lined plate, reserving drippings in skillet. When bacon is cool enough to handle, crumble or chop into small pieces.

**3.** Add onion to bacon drippings in skillet; cook over medium heat, stirring occasionally, until browned, about 5 minutes. Add vinegar, water, sugar, salt, and pepper. Bring to a boil over high heat; cook and stir until sugar and salt are dissolved, about 1 minute. Reduce heat to medium; stir in potatoes, parsley, and half of bacon. Cook, stirring occasionally, until heated through, about 4 minutes. Transfer mixture to a serving dish; top with remaining bacon. Garnish with additional parsley.

***HEALTHY*** ***GLUTEN-FREE***

PER ½ CUP: 139 CAL; 6G FAT (2G SAT); 4G PRO; 18G CARB (2G FIBER, 3G SUGARS); 287MG SODIUM

AUTHENTIC GERMAN POTATO SALAD

# ISLAND AT THE BAR

NO MATTER THE SEASON, TROPICAL DRINKS ARE ALWAYS TRENDING. DIVE INTO ALL THE CLASSICS—PLUS A FEW NEW IDEAS—WHEN YOU NEED A TASTE OF PARADISE.

## BAHAMA MAMA

Wipe rim of a large stemmed glass with an **orange wedge.** Dip rim in **turbinado sugar.** Blend 1 cup **crushed ice,** 1 oz. **orange juice,** 1 oz. **pineapple juice,** 1 oz. **white rum,** ½ oz. **coconut-flavor rum,** and ½ oz. **grenadine** in a blender until slushy. Pour into prepared glass. Garnish with orange slice. Makes 1 drink.

***QUICK***

PER 10 OZ.: 174 CAL; 0G FAT; 0G PRO; 23G CARB (0G FIBER, 15G SUGARS); 10MG SODIUM

PHOTOS: JACOB FOX; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: DERA BURRESON

## PIÑA COLADA

Blend 4 cups **ice,** 1 cup **canned unsweetened coconut milk,** 1 cup **pineapple juice,** ½ cup **white rum,** and ¼ cup **sugar** in a blender until smooth. Serve immediately in glasses or, for a spoonable cocktail, freeze 1 to 2 hours. Stir before serving. Garnish with edible flowers and/or dehydrated pineapple slices. Makes 4 drinks.

***QUICK*** ***GLUTEN-FREE***

PER 10 OZ.: 253 CAL; 11G FAT (10G SAT); 1G PRO; 22G CARB (0G FIBER, 19G SUGARS); 11MG SODIUM

**MOJITO**
*p. 77*

PIÑA COLADA

## PAINKILLER

If you like, line a tulip glass with a long piece of **orange peel** and fill with **ice.** Fill a cocktail shaker half-full with **ice.** Add 4 oz. **pineapple juice,** 2 oz. **dark rum** (such as Pusser's), 1 oz. **sweetened cream of coconut,** and 1 oz. **orange juice.** Cover and shake until very cold, about 30 seconds. Strain into prepared glass. If you like, sprinkle drink with a pinch of freshly grated **nutmeg.** Garnish with 2 maraschino cherries. Makes 1 drink.

***HIDDEN GEM*** ***QUICK***

PER 10 OZ.: 277 CAL; 2G FAT (2G SAT); 1G PRO; 31G CARB (0G FIBER, 25G SUGARS); 65MG SODIUM

**GET THE LOOK** FOR THE CLASSIC TWO-TONE LOOK, DO NOT ADD GRENADINE TO PITCHER. JUST BEFORE SERVING, ADD 1 TSP. GRENADINE TO EACH GLASS. ↓

## MAI TAI

Stir together 1½ cups **coconut-flavor rum,** 1½ cups **spiced rum,** 3 cups **pineapple juice,** 2 cups **orange juice,** and 3 Tbsp. **grenadine** in a pitcher (see "Get the Look," above). Chill 2 hours. Pour into glasses filled with **ice.** Garnish with pineapple fronds and brûléed pineapple pieces. To brûlée pineapple, pat **pineapple pieces** dry with a paper towel. Arrange on a wire rack set in a foil-lined pan. Sprinkle with 1 tsp. **sugar** and torch with a kitchen torch until charred in spots.

PER 8 OZ: 259 CAL; 0G FAT; 1G PRO; 32G CARB (0G FIBER, 18G SUGARS); 5MG SODIUM

STRAWBERRY DAIQUIRI

## MIAMI VICE

Pour equal parts **Strawberry Daiquiri** (below) and **Piña Colada** (page 75) into prepared glasses, layering as desired. Garnish with fresh strawberries.

## STRAWBERRY DAIQUIRI

If you like, wipe rim of hurricane glasses with **lime wedge.** Dip rim into **freeze-dried strawberry powder.** Blend 1 (14-oz.) pkg. **frozen sliced strawberries,** 2 cups **ice cubes,** ½ cup **white rum,** ½ cup **sugar,** and ½ cup **fresh lime juice** in a blender until smooth, adding more ice as needed. Pour mixture into prepared glasses. Garnish with fresh strawberries. Makes 4 drinks.

***QUICK*** ***GLUTEN-FREE***

PER 10 OZ.: 201 CAL; 0G FAT; 1G PRO; 38G CARB (2G FIBER, 31G SUGARS); 3MG SODIUM

CAIPIRINHA

## CAIPIRINHA

If you like, stir together zest of half a **lime** and 1 Tbsp. **sugar** on a shallow plate; wipe rim of a large rocks glass with a **lime wedge.** Dip rim into sugar mixture. Squeeze and drop 4 **lime wedges** into a large rocks glass. Add 2 tsp. **sugar** and muddle to release juice. Pour in 2 oz. **cachaça** (Brazilian rum), and top with **ice.** Stir well until chilled. Makes 1 drink.

***QUICK*** ***GLUTEN-FREE***

PER ⅓ CUP: 164 CAL; 0G FAT; 0G PRO; 8G CARB (1G FIBER, 4G SUGARS); 18MG SODIUM

FEELIN' SPICY TO BRING THE HEAT, ADD 1 JALAPEÑO SLICE TO THE GLASS AND MUDDLE WITH THE SUGAR. ADD LIME AND CONTINUE AS DIRECTED. GARNISH WITH LIME AND JALAPEÑO SLICES.

## MOJITO

***(pictured on p. 75)***

Place 10 **fresh mint leaves** and 1 **lime wedge** in a Collins glass with a heavy bottom; using a muddler, crush to release mint oils and lime juice. Add 1 tsp. **sugar** and 3 **lime wedges;** muddle again to release lime juice. Pour in ½ oz. **white rum.** Stir to dissolve sugar. Add **ice** and top with 4 oz. **club soda.** Add more sugar to taste, if needed. Garnish with fresh mint sprigs and a lime wedge. Makes 1 drink.

***QUICK*** ***GLUTEN-FREE***

PER 6 OZ.: 124 CAL; 0G FAT; 0G PRO; 8G CARB (1G FIBER, 4G SUGARS); 26MG SODIUM

## BLUEBERRY-LAVENDER MOJITO

Prepare Mojito as directed above, except muddle 1 sprig **fresh lavender** and 6 **fresh blueberries** with the mint and lime wedge. Garnish drinks with fresh blueberries and lavender sprigs.

## LEMON-THAI BASIL MOJITO

Prepare Mojito as directed above, except use 5 **fresh mint leaves** and 5 **Thai basil leaves** and replace lime with **lemon.** Garnish with mint and Thai basil sprigs.

SECRET INGREDIENT

# HONEY MUSTARD

**The Allrecipes online community is all about the zesty sweet flavor of honey mustard. Here are a few best-loved ways to incorporate this popular pantry staple.**

PHOTOS: JAKE STERNQUIST; FOOD STYLING: LAUREN MCANELLY; PROP STYLING: GABRIEL GRECO

## YUMMY HONEY MUSTARD DIPPING SAUCE

Whisk together ½ cup **mayonnaise,** 5 Tbsp. **honey mustard**, and 1½ tsp. **lemon juice** in a small bowl. Makes ¾ cup. (To store, chill, covered, up to 1 week.)

## 1 HONEY MUSTARD-BALSAMIC VINAIGRETTE

Combine ½ cup **olive oil,** ⅓ cup **balsamic vinegar,** 3 Tbsp. **honey mustard,** and a dash of **black pepper** in a 1-pint screw-top jar; shake jar until well combined. Makes about ¾ cup. (To store, chill up to 1 week.)

## 2 SWEET HONEY MUSTARD GLAZE

Whisk together 2 cups **honey mustard,** ½ cup packed **brown sugar,** and ¼ cup **pineapple juice** in a medium bowl. Makes 2⅓ cups. To use, brush onto biscuits before baking or baste ham during last 30 minutes of cooking. (To store, chill in an airtight container up to 1 month.)

## 3 HONEY MUSTARD DEVILED EGGS

Peel 8 **hard-cooked eggs;** cut in half lengthwise and spoon out yolks into a small bowl. Arrange egg halves cut-side up on a plate. Mash yolks with a fork. Add 5 Tbsp. **mayonnaise** and 1 Tbsp. **honey mustard;** stir until smooth. Stir in 1 to 2 Tbsp. minced **fresh onion,** 1 Tbsp. minced **fresh tarragon,** ⅛ tsp. **salt,** and ⅛ tsp. **black pepper.** Evenly pipe or spoon filling into egg halves. Garnish with tarragon leaves. (To store, chill, covered, up to 24 hours.)

1

2

3

## HONEY MUSTARD MARINADE

*Whisk together ¼ cup **olive oil,** ¼ cup **less-sodium soy sauce,** 3 Tbsp. **honey mustard,** 1 tsp. minced **fresh garlic**, and ¼ tsp. **black pepper** in a small bowl. Place desired meat in a large zip-top plastic bag set inside a shallow dish. Pour marinade over meat in bag. Seal bag and marinate in refrigerator at least 1 hour or up to 24 hours. Makes ⅔ cup (enough for 2 lb. meat).*

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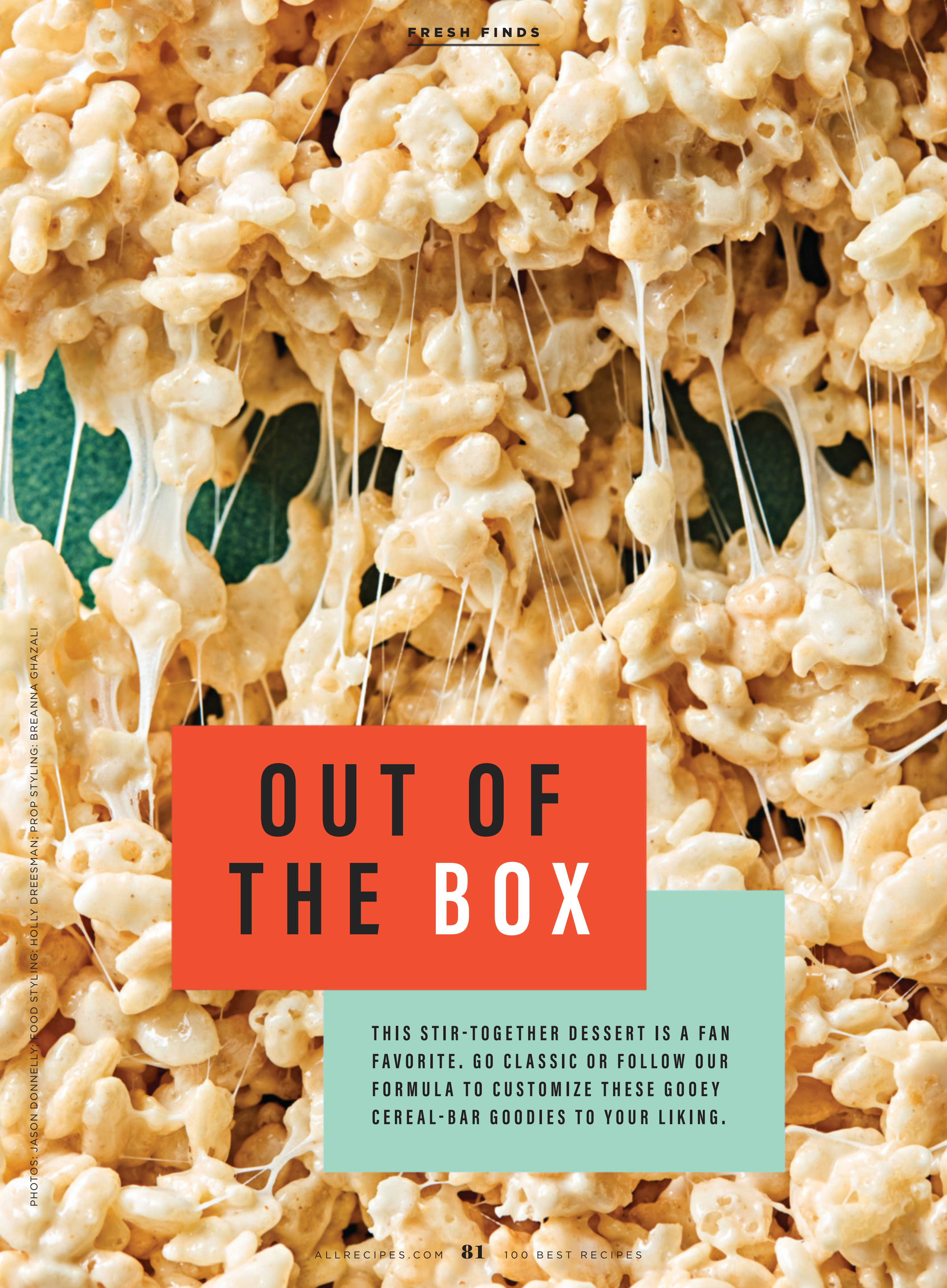


# OUT OF THE BOX

THIS STIR-TOGETHER DESSERT IS A FAN FAVORITE. GO CLASSIC OR FOLLOW OUR FORMULA TO CUSTOMIZE THESE GOOEY CEREAL-BAR GOODIES TO YOUR LIKING.

PHOTOS: JASON DONNELLY; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: BREANNA GHAZALI

## Marshmallow Treats

**HANDS-ON** 10 MIN
**TOTAL** 1 HR **SERVES** 24
**SUBMITTED BY** SHANALEE

★★★★★ 1,119 REVIEWS

- **½ cup butter**
- **1 (16-oz.) pkg. miniature marshmallows**
- **2 tsp. desired Extract (below right) (optional)**
- **8 cups crispy rice cereal or desired Cereal (right)**
- **Desired Mix-Ins (far right) (optional)**
- **Desired Drizzle (below right) (optional)**

**1.** Generously coat a 9x13-inch baking pan with cooking spray or line with parchment paper.

**2.** Melt butter in a large pot over low heat. Add marshmallows; stir until melted and combined. Cook and stir 2 minutes more. Stir in Extract, if desired. Remove from heat.

**3.** Add cereal (or desired Cereal) and Mix-Ins, if desired; stir until well coated. Transfer to prepared pan.

**4.** Using a sheet of parchment, press mixture evenly into pan (see "Editor's Tip," right). Top with Drizzle, if desired. Let cool to room temperature, about 1 hour.

**5.** Cut into 24 squares. (Store leftovers in an airtight container at room temperature up to 2 days or chill up to 5 days.)

PER 2-INCH SQUARE: 131 CAL; 4G FAT (2G SAT); 1G PRO; 24G CARB (0G FIBER, 12G SUGARS); 97MG SODIUM

TRY THIS SPIN
↓

### Brown Butter

For hints of nutty, caramel flavor, brown the butter before adding the marshmallows in Step 2. Cook melted butter in a large pot over medium-low heat, stirring frequently, until it's golden brown and smells nutty, 6 to 8 minutes.

MIX AND MATCH FOR CUSTOM TREATS

### Cereal

- Crispy rice cereal (Rice Krispies)
- Frosted oat cereal with marshmallows (Lucky Charms)
- Round toasted oat cereal (Cheerios)
- Chocolate-flavor puffed corn cereal (Cocoa Puffs)
- Fruit-flavor crisp rice cereal (Fruity Pebbles)
- Sugar-coated cornflakes (Frosted Flakes)
- Bite-size rice square cereal (Rice Chex)
- Honey graham cereal (Golden Grahams)
- Peanut butter puffs (Reese's Puffs or Cap'n Crunch)

### Extract

- Maple extract
- Raspberry extract
- Strawberry extract
- Vanilla extract

### Drizzle

- ¼ cup warmed dulce de leche
- ¼ cup melted peanut butter
- 2 oz. dark, semisweet, or white chocolate, melted
- 2 oz. colored candy melts, melted

### Mix-Ins

*We recommend no more than 2 cups Mix-Ins total.*

- 1 cup broken pretzels
- 1 cup coarsely crushed potato chips
- 1 cup freeze-dried raspberries or strawberries
- 1 cup chopped chocolate creme-filled sandwich cookies
- 1 cup semisweet chocolate chips
- 1 cup miniature semisweet chocolate chips
- 1 cup milk chocolate chips
- 1 cup peanut butter chips
- 1 cup dark chocolate chips
- 1 cup chopped toasted nuts (peanuts, pecans, walnuts, hazelnuts, almonds, macadamia nuts)
- ½ cup flaked coconut
- ½ cup colored sprinkles
- ⅓ cup peanut butter
- ⅓ cup chocolate-hazelnut spread
- ¼ cup hot fudge sauce
- 1 Tbsp. matcha powder

**EDITOR'S TIP**

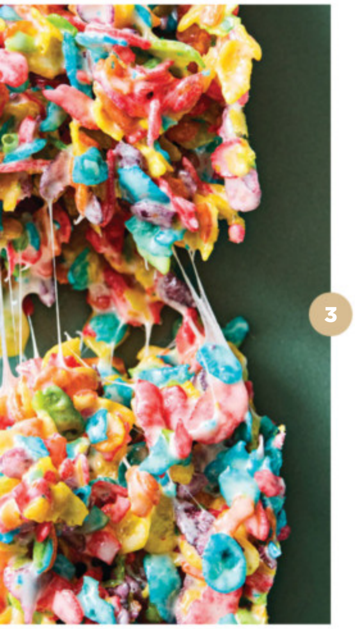
FOR LIGHT AND FLUFFY CEREAL BARS, PRESS GENTLY INTO THE PAN. FOR CRISPIER BARS, PRESS FIRMLY UNTIL PACKED.

↑

SCAN FOR BAKE SALE TREATS.

1

2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## COMBOS WE LOVE

### 1. Oh Nuts

**Cereal** Peanut butter puffs (Reese's Puffs or Cap'n Crunch)
**Mix-In** Chopped roasted salted mixed nuts
**Drizzle** Melted peanut butter

### 2. Chip Chip Hooray

**Cereal** Round toasted oat cereal (Cheerios) or bite-size rice square cereal (Rice Chex)
**Mix-Ins** Broken pretzels and coarsely crushed potato chips
**Drizzle** Warmed dulce de leche

### 3. Unicorn Treats

**Cereal** Fruit-flavor crisp rice cereal (Fruity Pebbles)
**Mix-In** Sprinkles

### 4. Choco Puff

**Cereal** Chocolate-flavor puffed corn cereal (Cocoa Puffs)
**Mix-In** Hot fudge sauce
**Drizzle** Melted semisweet chocolate

### 5. Berry Good

**Extract** Raspberry extract
**Cereal** Crispy rice cereal (Rice Krispies)
**Mix-In** Freeze-dried raspberries, plus more (crushed) for dusting

### 6. I Want S'more

**Cereal** Honey graham cereal (Golden Grahams)
**Mix-In** Miniature semisweet chocolate chips

4

5

6

allrecipes

# IN GOOD TASTE

RECIPES, PRODUCTS, EVENTS, AND PROMOTIONS

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YOUR HEALTH, YOUR WAY

↓

# balance

**HOMEMADE CHILI**
*p. 87*

PHOTOS: JASON DONNELLY; FOOD STYLING: SHANNON GOFORTH; PROP STYLING: DERA BURRESON

**REDO FOR YOU: CHILI YOUR WAY** *p. 86*

**FOOD Rx: UNSUNG HEROES** *p. 88* **SMALL STEPS, BIG WINS** *p. 90*

CREAMY WHITE CHILI

REDO FOR YOU

# CHILI YOUR WAY

Whether it is red or white, chili is made for customizing. Use our recipes as a starting point—along with our best-ever cornbread—then find tips to tailor any of them to your dietary needs.

BY CAITLYN DIIMIG, RD

## CUT SODIUM

Use no-salt-added beans. Try fresh jalapeños in place of canned chiles.

## REDUCE SAT FAT

Replace whipping cream with low-fat milk and use light sour cream. Blend 1 cup of the beans and milk in a blender until few chunks remain. Stir in after removing chili from heat in Step 3.

## ADD VEGGIES

Add 2 cups frozen corn and bell pepper mix with the beans in Step 2.

# Creamy White Chili

**HANDS-ON** 15 MIN **TOTAL** 45 MIN
**SERVES** 6 **SUBMITTED BY** JELZA

★★★★★ 1,170 REVIEWS

*Use hot or mild canned green chiles or a combination of both, depending on taste preference.*

- **1 Tbsp. olive oil**
- **1 lb. boneless, skinless chicken breast, cut into ½-inch cubes**
- **1 medium onion, chopped (1 cup)**
- **2 medium cloves garlic, chopped**
- **2 (15.5-oz.) cans great northern beans, rinsed and drained**
- **1 (14.5-oz.) can low-sodium chicken broth**
- **2 (4-oz.) cans diced green chiles (tip, above)**
- **1 tsp. salt**
- **1 tsp. cumin**
- **1 tsp. dried oregano**
- **½ tsp. black pepper, plus more for garnish**
- **⅛ to ¼ tsp. cayenne pepper**
- **1 cup sour cream, plus more for serving**
- **½ cup whipping cream**
- **Desired toppers, such as sliced avocado, jalapeño, and/or radish; and/or chopped fresh cilantro; and/or green onion**
- **Lime wedges, for serving**

**1.** Heat oil in a large saucepan over medium-high heat. Add chicken, onion, and garlic; cook, stirring occasionally, until onion is starting to soften, 2 to 3 minutes (chicken will not yet be cooked through).

**2.** Stir in beans, broth, chiles, salt, cumin, oregano, black pepper, and cayenne; bring to a boil over high heat. Reduce heat to medium-low. Simmer, stirring occasionally, to allow flavors to meld and chicken to cook through, about 30 minutes.

**3.** Remove chili from heat. In a small bowl, stir together sour cream and whipping cream. Stir mixture into chili until creamy and incorporated. Serve with desired toppers and garnish with black pepper.

**GLUTEN-FREE**

PER 1 CUP: 439 CAL; 19G FAT (9G SAT); 31G PRO; 37G CARB (8G FIBER, 4G SUGARS); 1,150MG SODIUM

# Homemade Chili

*(pictured on p. 85)*

**HANDS-ON** 5 MIN
**TOTAL** 25 MIN **SERVES** 6
**SUBMITTED BY** TOBI HARGIS

★★★★⯪ 452 REVIEWS

- **1 lb. 80% lean ground beef**
- **1 medium red onion, chopped (1 cup), plus more, finely chopped, for garnish**
- **1 (15-oz.) can tomato sauce**
- **1 (15-oz.) can kidney beans, rinsed and drained**
- **1 (14.5-oz.) can stewed tomatoes, undrained and cut up**
- **½ cup water (optional)**
- **1 tsp. chili powder, plus more for garnish**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **Pinch of garlic powder**
- **Desired toppers, such as sour cream and/or shredded cheddar cheese**

**1.** Cook beef and onion in a large saucepan over medium heat, stirring and breaking up lumps, until meat is browned and onion is tender, 5 to 7 minutes. Pour off grease, if necessary.

**2.** Stir in tomato sauce, beans, and cut-up stewed tomatoes with juice. Add water, if needed, for desired consistency. Stir in chili powder, salt, pepper, and garlic powder. Bring to a boil over high heat. Reduce heat to low; simmer, covered, to allow flavors to meld, about 15 minutes. Serve with desired toppers and garnish with onion and additional chili powder.

**QUICK**

PER 1 CUP: 288 CAL; 13G FAT (5G SAT); 23G PRO; 20G CARB (5G FIBER, 7G SUGARS); 1,211MG SODIUM

↑

## LOWER SAT FAT

**Use ground turkey in place of beef and Greek-style yogurt in place of sour cream.**

## REDUCE SODIUM

**Use low-sodium tomato products.**

GOLDEN SWEET CORNBREAD

# Golden Sweet Cornbread

**HANDS-ON** 10 MIN **TOTAL** 45 MIN
**SERVES** 9 **SUBMITTED BY** BLUEGIRL

★★★★★ 3,393 REVIEWS

- **1 cup flour**
- **1 cup yellow cornmeal**
- **⅔ cup sugar**
- **1 Tbsp. baking powder**
- **1 tsp. salt**
- **1 cup whole milk**
- **⅓ cup vegetable oil**
- **1 egg**
- **Butter, honey, and/or hot honey, for serving**

**1.** Preheat oven to 400°F. Lightly grease an 8- or 9-inch round or square cake pan.

**2.** Whisk together flour, cornmeal, sugar, baking powder, and salt in a large bowl. Add milk, oil, and egg; whisk until well combined. Pour batter into prepared pan, spreading evenly.

**3.** Bake until a toothpick inserted into center comes out clean, 20 to 25 minutes. Let cool on a wire rack 15 minutes. Remove from pan, if desired, before cutting and serving. Serve warm or at room temperature with butter, honey, and/or hot honey. (Store leftover cornbread in an airtight container at room temperature up to 3 days.)

PER 1 PIECE: 271 CAL; 10G FAT (2G SAT); 4G PRO; 41G CARB (1G FIBER, 17G SUGARS); 442MG SODIUM

←

## REDUCE SAT FAT

**Use low-fat milk in place of whole milk and go easy on serving with butter.**

## DECREASE ADDED SUGARS

**Reduce sugar to 2 Tbsp. and do not serve with honey.**

## CUT SODIUM

**Reduce salt to ½ tsp.**

PHOTOS: JASON DONNELLY; FOOD STYLING: SHANNON GOFORTH; PROP STYLING: DERA BURRESON

**FOOD Rx**

# UNSUNG HEROES

**Blueberries seem to get all the superfood glory—and they're certainly deserving of the accolades. But other less recognized—and less colorful—options deserve the status, too. Add these often overlooked, dietitian-approved superfoods to your mealtime rotation.** BY JANET HELM, MS, RDN

## POTATOES

The simple spud often gets a bad rap, but it's all in how you prepare them. A recent Harvard study found that a higher intake of french fries was associated with a higher risk of type 2 diabetes, but that same connection was not found with baked potatoes.

Potatoes may keep your heart healthy, too. A medium skin-on baked tater contains 620 milligrams of potassium—more than a banana—a nutrient that regulates blood pressure. That same medium potato also provides 2 grams of fiber, which helps lower LDL (bad) cholesterol.

"The most important thing you can do to maintain the heart-healthy value of the potato is to eat the whole potato," says Los Angeles-based registered dietitian Dustin Moore, PhD, RD. Without the skin, the potassium and fiber content is reduced.

Moore recommends topping baked potatoes with black beans, salsa, and avocado. Or air-fry, instead of deep-frying, potato wedges.

> *"Instead of butter and sour cream, top potatoes with olive oil and a little plain Greek yogurt."*
>
> – DUSTIN MOORE, PHD, RD

PHOTOS: (FOOD) JACOB FOX; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: DERA BURRESON. (PORTRAIT) MATT KOSTERMAN

## SMASH FISH

SMASH is a handy acronym for salmon, mackerel, anchovies, sardines, and herring. These five cold-water, oily fish provide a concentrated source of omega-3 fatty acids, and they're at the top of the superfood list for Massachusetts-based registered dietitian Liz Weiss, MS, RD, who specializes in family nutrition and healthy aging.

"Whether you grill salmon, flake smoked mackerel into grain bowls, mash sardines on toast, or stir chopped anchovies into savory sauces, soups, and dressings, SMASH fish are flavorful and nutrient-dense additions to any diet," Weiss says.

Research supports numerous health benefits associated with SMASH fish and the type of EPA and DHA fatty acids they contain, including improved heart, brain, and eye health.

These fatty fish also provide vitamin D, an anti-inflammatory powerhouse that may reduce risk of age-related macular degeneration.

Weiss also recommends SMASH fish because they're low in mercury, which can be a concern in other types of fish. Most adults should aim to eat 4 ounces of cooked omega-3-rich fish twice a week, according to the Food and Drug Administration.

## PULSES

Beans, peas, lentils, and chickpeas—collectively known as pulses—are a top superfood for plant-based registered dietitian Sharon Palmer, MSFS, RDN, author of *The Plant-Powered Plan to Beat Diabetes* (Union Square & Co., 2023, $25).

These humble foods provide one of the most sustainable protein sources on your plate, according to Palmer. They're also rich in fiber, which can help stabilize blood glucose levels and make you feel fuller for longer.

Eating more pulses is linked to lower risks of heart disease and type 2 diabetes, and improved gut health. The 2020–2025 Dietary Guidelines for Americans recommends eating 1½ cups of pulses per week.

"I love to include pulses in salads and grain bowls, soups and stews, casseroles, and wraps," Palmer says.

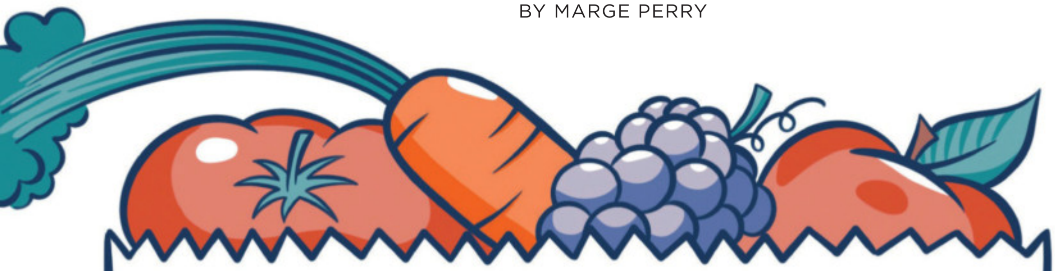
**ABOUT THE WRITER**

**Janet Helm, MS, RDN** is a global food culture analyst and the owner of Food at the Helm, a nutrition consultancy in Chicago. Learn more at foodatthehelm.com.

# SMALL STEPS, BIG WINS

THESE TOP SIX EXPERT-APPROVED HABITS PROVIDE MAJOR BENEFITS. PLUS, IDEAS TO HELP THEM ACTUALLY STICK.

BY MARGE PERRY



## 1 AMP UP PRODUCE INTAKE

No matter what else changes over the years, the one piece of nutrition advice that remains research-backed is to eat more plants.

"Science shows that eating more plant-based foods may reduce the risk of cancer, improve gut health, and support brain health," says Kathy McManus, MS, RD, director of the Department of Nutrition at Brigham and Women's Hospital in Boston, and a teaching affiliate at Harvard Medical School. "Focusing your meals and snacks to highlight vegetables and fruits lowers the risk of heart disease and stroke and helps prevent and manage diabetes."

New York-based dietitian Theresa Gentile, MS, RDN, recommends adding a plant to every meal and snack.

McManus also suggests gradually increasing fruits and vegetables over time. If you currently eat two fruit servings a day, for example, work up to three fruits a day over two weeks. Same with veggies: If you currently eat three servings a day, add one more per day over the next couple of weeks.

**WHAT COUNTS AS A SERVING?**
**1 cup fresh, frozen, or canned fruits • 1 cup fresh, frozen, or canned veggies • 2 cups raw leafy greens.**

### HERE'S A SAMPLE PLAN

**BREAKFAST**

- Get a fruit cup with your morning take-out bagel.
- Stir fresh or dried fruit into your yogurt, oatmeal, or cereal.

**LUNCH**

- Add lettuce, tomato, spinach, and/or roasted peppers to a sandwich.
- Load your salad up with more veggies: tomato, cucumber, chopped carrot, or a leftover vegetable from dinner.

**SNACKS**

- Trail mix: Include dried fruit or dried fruit-and-nut bars with minimal added sugars.
- Have baby carrots and hummus.
- Tote portable snack-size peanut butter packs with celery sticks or apple slices.

**DINNER**

- Have a side salad in addition to the vegetable served with dinner.
- Add extra greens to soups, stews, and pasta.

## 2 MOVE MORE

You don't have to join a gym or run a marathon to get consistent physical activity. "Even small bouts—as little as 5 to 10 minutes at a time, can deliver health benefits," says Lena Beal, MS, RDN, an Academy of Nutrition and Dietetics spokesperson and cardiovascular dietitian at Piedmont Atlanta Hospital. "Activity lowers our blood pressure, improves mental health, aids in weight maintenance, and helps us sleep better," she says.

**TIE EXTRA MOVEMENT INTO SOMETHING YOU ALREADY DO SO IT BECOMES AUTOMATIC**
At every commercial break, do a quick 10 lunges, squats, or sit-ups, or hold a plank.

**ADD INCENTIVE**
Watch your favorite show on the treadmill or listen to a podcast while walking.

**MAKE IT SOCIAL**
Not only will you enjoy spending time with your friend(s), but this also gives you accountability so you can't (and, hopefully, don't want to!) back out.

ILLUSTRATIONS: ANANDA WALDEN

3

## MAKE HALF YOUR GRAINS WHOLE

The Academy of Nutrition and Dietetics (AND) recommends making half the grains you eat whole grains. “Whole grains feed the beneficial gut bacteria and reduce inflammation—they improve your overall ability to absorb and utilize foods, which in turn improves your metabolic health,” says Lena Beal, MS, RDN.

Enjoying whole grains in place of refined grains lowers the risk of diabetes, heart disease, and high blood pressure, according to Kathy McManus, MS, RD. AND recommends 3 to 4 ounces of whole grains per day for most women, and 4 to 5 ounces of whole grains per day for most men.

### SERVING SIZE

**WHAT COUNTS AS 1 OUNCE?**

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup of cooked rice, cooked pasta, or cooked cereal

### OUR FAVORITE SUPER-SIMPLE WHOLE-GRAIN SWAPS

QUICK-COOKING BROWN RICE, WHOLE-GRAIN BREAD, AND HAVING OATMEAL FOR BREAKFAST.

**These three changes alone add up to a significant improvement in your diet. Start with just one, choosing brown rice over white rice, for example. Pick another whole-grain swap to add to your routine the next week and so on.**

### EASY WAYS TO ADD FIBER TO YOUR DIET

**Sprinkle flax, chia, or hemp seeds on your salad or morning cereal for pleasant crunch.**

**Add nuts and seeds to stir-fry dishes.**

**Mash canned beans or lentils and add to ground beef dishes like chili, casseroles, and pasta sauce.**

**Keep bean dips (like hummus or black bean dip) on hand for snacking—use carrots, broccoli, and other veggies for dippers.**

**Go for the guac! Serve with whole-grain seeded crackers.**

**Scarf down air-popped popcorn and edamame for your salty snack fix.**

**Drink a smoothie not fruit juice. Smoothies include the valuable fruit fiber, while juices do not.**

**Add avocado to sandwiches, either as slices or as a spread.**

4

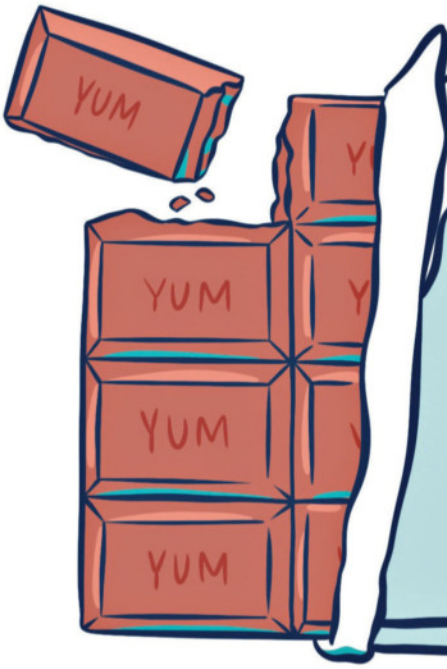
## EAT MORE FIBER

Most Americans aren’t getting enough fiber, according to the Dietary Guidelines for Americans, which recommends that women eat 22 to 28 grams of fiber per day and men 28 and 34 grams. Only 7 percent of U.S. adults reach that goal.

“Fiber improves satiety, improves your microbiome and gut health, promotes bowel regularity, and reduces the inflammatory processes in your body,” says Amy Bragagnini, MS, RD, a clinical oncology dietitian at Trinity Health Richard J. Lacks Sr. Cancer Center in Michigan.

“We just don’t get enough fiber,” she says. “We are seeing younger people with colorectal cancer, so we are really pushing to reduce red and processed meat consumption, and increase fiber intake.” A lack of dietary fiber intake may be a factor in the rise of colorectal cancer among people under 50 years old.

Increase fiber intake slowly and drink plenty of liquid so you don’t overwhelm your digestive system.



## 5

## ENJOY IN MODERATION

"Joy and pleasure need to be on your plate," says John "Wesley" McWhorter, DrPH, MS, RD, a dietitian and director of lifestyle medicine for Suvida Healthcare in Texas. In fact, more than 25 studies have shown that eating for pleasure helps you eat more healthfully, according to a 2020 review.

"If your diet makes you miserable, you won't stick with it," McWhorter says. "Fad diets work at first because they are extremely restrictive." But if you're too unhappy to stick with the routine, the results won't last.

A good diet is one that is sustainable—and part of what makes it sustainable is that it gives you joy and pleasure. The key is to approach indulgences, like sweets or soda, with moderation. If you love your soda, go for it—but in smaller portions, McWhorter recommends. To make this habit stick, reframe how you think of certain foods. For example, think of soda as a treat rather than a source of hydration.

**NEW YEAR, NEW YOU** NEARLY ONE-THIRD OF AMERICAN ADULTS MAKE A NEW YEAR'S RESOLUTION. BUT BY THE END OF JANUARY AROUND 13 PERCENT REPORT NO LONGER KEEPING THEIR RESOLUTION. – PEW RESEARCH CENTER

## 6 CATCH MORE ZZZ'S

There are decades of research behind the importance of getting seven to nine hours of quality sleep each night. "We know inadequate rest is a major factor in obesity, insulin resistance, depression, and a weakened immune system," says Lena Beal, MS, RDN.

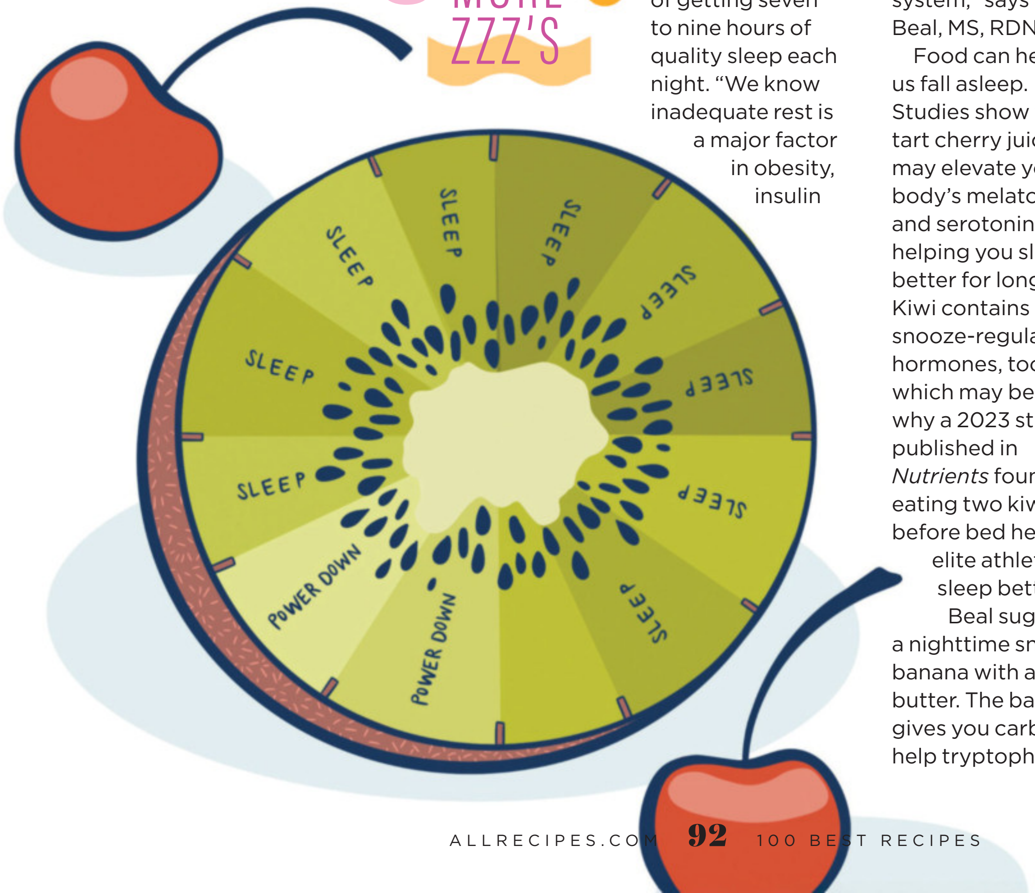
Food can help us fall asleep. Studies show that tart cherry juice may elevate your body's melatonin and serotonin levels, helping you sleep better for longer. Kiwi contains these snooze-regulating hormones, too, which may be why a 2023 study published in *Nutrients* found that eating two kiwifruits before bed helped elite athletes sleep better.

Beal suggests a nighttime snack of banana with almond butter. The banana gives you carbs that help tryptophan become more accessible to your brain and converts to serotonin.

The almond butter provides magnesium, a mineral that can help you relax and plays a role in melatonin production.

Just be sure to have that snack two to three hours before bedtime, Beal warns. The work of digesting food can impede sleep and suppress natural melatonin production.

Enjoy this snack at the same time you power down blue light-emitting electronics, such as your smartphone, as exposure to the light from these devices can disrupt sleep.



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THESE ICONS HIGHLIGHT KEY FEATURES TO MAKE YOUR BROWSING EASIER.

▶ **How-to Video** *on Allrecipes.com* ◆ **Hidden Gem** *A new or newer recipe with few reviews that deserves your attention* 🍏 **Healthy Pick**

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# EASY SQUEEZY

**It's citrus season! Use up these sweet-tart golden gems in this top-rated from-scratch lemonade.**

> "This recipe is quite sweet, so if your taste preference runs closer to tart, go easy on the sugar."
> – CURTISLEE

## Best Lemonade Ever

**HANDS-ON** 30 MIN **TOTAL** 2 HR, 30 MIN
**SERVES** 10 **SUBMITTED BY** JO

★★★★★ 2,410 REVIEWS

*Use a juicer or citrus reamer to make this recipe a snap to prepare. To make this a cocktail, stir 1½ oz. vodka into individual glasses.*

- **1¾ cups sugar**
- **8 cups cold water**
- **1½ cups lemon juice (9 to 10 medium lemons), plus slices and wedges for serving**
- **Ice**

**1.** Stir together sugar and 1 cup water in a small saucepan. Bring to a boil over high heat, stirring to dissolve sugar. Remove from heat; cool to room temperature. Chill, covered, about 2 hours.

**2.** If needed, strain seeds and pulp from lemon juice. Stir together chilled syrup, lemon juice, and remaining 7 cups cold water in a 3-qt. pitcher. If you like, serve pitcher with fresh lemon slices and/or wedges. Serve in ice-filled glasses.

*GLUTEN-FREE* *VEGAN*

PER 1 CUP: 145 CAL; 0G FAT; 0G PRO; 36G CARB (0G FIBER, 36G SUGARS); 6MG SODIUM

PHOTO: JACOB FOX; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: DERA BURRESON
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